

Best Personal Records Book 10
(10th Edition – Working Version)
1993.09.10 – 2026.04.01
1,019 Personal Records

(137 RecordSetter Records, 3 Alternative Book of Records, 1 Guinness World Record, 1 Ripley's Believe It or Not Record)

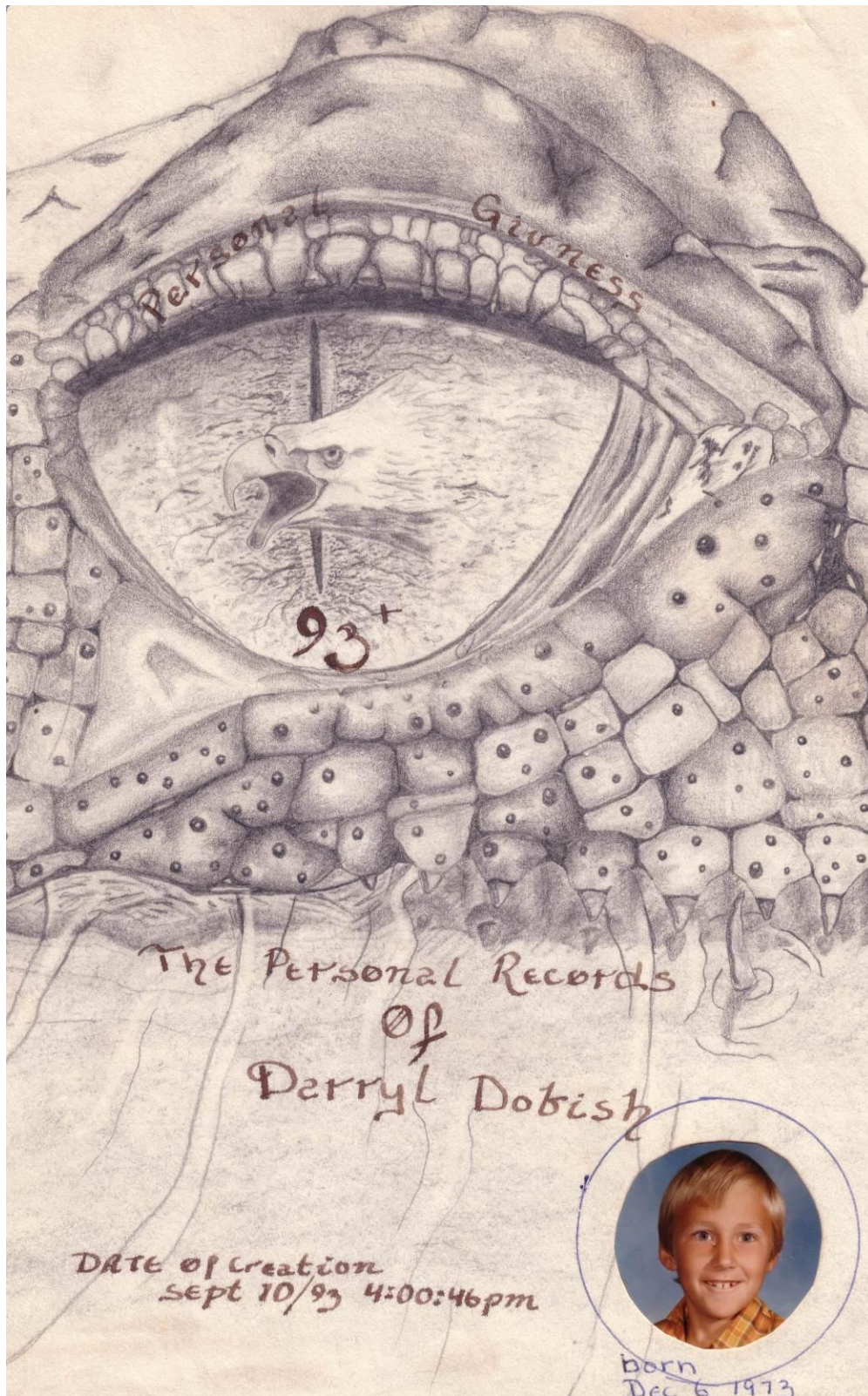
Published in 4 Books, Acknowledged in a 5th Book.



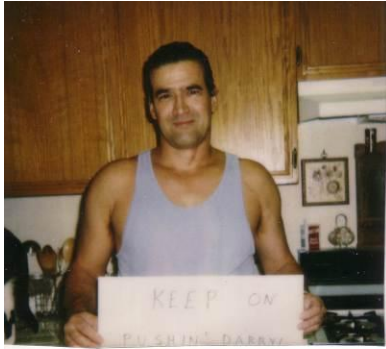
Personal Records Book
10
(1993 09 10 - 2026 04 01)

Darryl Learie
1973 12 06

The Personal Best and Worst of Darryl Wayne Wellington Learie
Born on 1973 12 06 at 4:45pm in Kelowna, British Columbia, Canada.



1993 09 03



Charles Servizio

(holds current world Record)
From his letter to me, it read;
And you sound just like the
person to break the
record next time.
Keep on Pushing.

Going for my Dreams of
being the
Worlds Best ...
I am 1 out of 5 295 300 000 peoples (human race)

suc-cess (suk ses'), n. 1. the favorable or prosperous termination of attempts or endeavors. 2. the attainment of wealth, position, honors, or the like. 3. a successful performance or achievement: *The play was a instant success.* 4. a thing or a person that is successful: *She was a great success at the party.* 5. Obs. outcome [*< L success(us) (n.) deriv. of (ptp. of succedere: s succED), equiv. to suc- suc- + cessus (ced- come, + -tus ptp. suffix)*] —**suc-cess/less**, adj. —**suc-cess/less-ly**, adv. —**suc-cess/less-ness**, n.

Future Wife (soulmate)

Press-Ups (Push-Ups) - 24 Hours

70,000 Wellington at City Hall

Edmonton, Alberta, Canada

on 6-7 Dec 2007



Wellington
Personal R96 1996 Records....

Personal Themes; GOING FOR THE REAL THING
NO LIMITS

The Personal Records of
Darryl F Learie

R E C O R D B O O K

revised August 1 1997

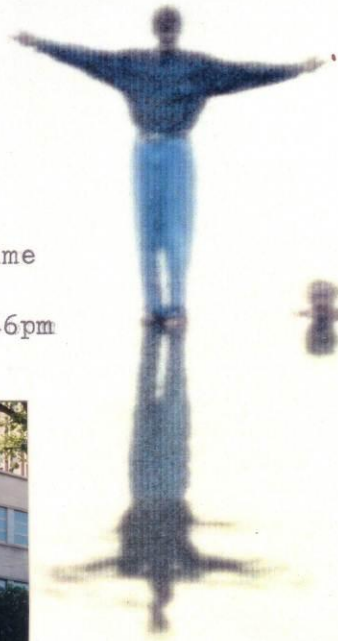
6:25:00 am

coordinated universal time

date of creation;

September 10 1993 4:00:46pm

Edmonton time



From this day I am history
in the making...

4finger push ups (no thumbs)

record of interest

goal 200 one finger world record 124 one finger

Hand walking

goal 50m in 13.13 sec.

D A N C E R
(BlackFoot) B.F BROTHERS





Personal Records Book 3

(Darryl Learte)

{ Honour, Faith and Self-Confidence }

DEAR DARRYL,

MY BEST ADVICE TO YOU IS TO GET YOUR MOTIVATION FROM WITHIN. DO THESE RECORDS FOR YOUR OWN GROWTH, FULFILMENT AND PROGRESS. TRY TO GET STRENGTH FROM YOUR DEEPER SPIRITUAL SELF. DON'T WORRY ABOUT WHAT OTHERS THINK ABOUT YOU OR IF PEOPLE MOCKED YOU IN THE PAST. IF YOU ARE SINCERE IN YOUR EFFORTS PEOPLE WILL AUTOMATICALLY ADMIRE YOU AND APPRECIATE YOUR ACHIEVEMENTS AND THE SPIRIT YOU DO THEM IN.

KEEP UP THE GOOD WORK

SINCERELY,
ASWATHI

IT IS INSPIRING TO HEAR ABOUT YOUR TRAINING

Breaking personal records since 1993 09 10!

{ Honour, Faith and Self-Confidence }

MY BEST ADVICE TO YOU IS TO
GET YOUR MOTIVATION FROM WITHIN.
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ACHIEVEMENTS AND THE SPIRIT YOU DO
THEM IN.

IT IS INSPIRING TO HEAR ABOUT
YOUR TRAINING **Breaking personal**

Breaking personal records since 1993 09 10 ! *Aspirin*

Preface

I first created my Personal Records Book back on 1993 09 10. The motivation behind its creation was self-improvement through breaking personal records. It is based on the idea of competing against oneself.

The Personal Books Book is made up of 4 sections, Athletic, Academic, Emotional, and Circumstantial. The idea is that one can improve in all these areas of one's biological existence.

Every record listed is the most recent achievement; once a record is broken it is replaced by the newest achievement. For example, a new record of 102 continuous push-ups will replace an older outdated record of 72 continuous push-ups.

The Personal Records Book tries to explore through documentation every area of biological existence including records that cannot be broken and records of chance. It explores the extremes of the very best and the very worst of my life.

It is my sincerest hope that this project will inspire others to strive for self-improvement while also telling the story of a person who struggled with generalized anxiety, depression, ADHD, and being on the autism spectrum. And perhaps it will provide a sufficient longitudinal dataset spanning decades and documenting 1,019 records to be considered a case study in some type of research.

This book is part of my legacy. NOTE: This book contains dangerous records that no one should try.

Personal Record (PR)

Record Setter (RS)

Alternative Book of Records (ABOR)

Guinness World Record (GWR)

Theme 1 – Athletic (499 Records)

Category 1 – Exercise

Subcategory 1 – Finger and Stomach Strength



Finger Planking (Flanking)

Note: Finger Planks are performed with body in an extended push-up position on fingers. All Finger Planks must be performed on a Concrete or Stone Surface; however one sheet of sand paper to avoid fingers slipping is permitted. Finger Planks are in order of easiest to hardest (from longest to shortest duration).

Index Number: PR-1

Record Name: **Longest Fingertip Plank**

Personal Record: **5:09.00 minutes**

Date Achieved: 2012.04.04

Index Number: PR-2 RS-1

Record Name: **Longest 8-Finger Plank**

Personal Record: **4:27.51 minutes**

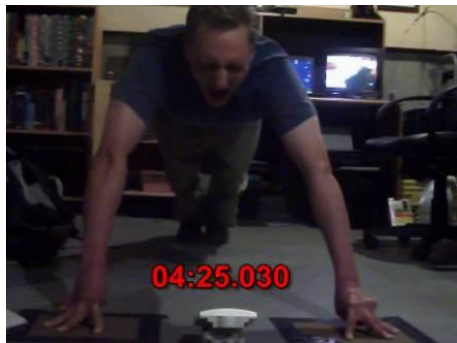
Date Achieved: 2012.04.07

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-eight-fingers/14727#contentsection>

YouTube Link: <http://youtu.be/4YbIIHMF6D8>



Index Number: PR-3 RS-2

Record Name: **Longest 6-Finger Plank**

Personal Record: **3:09.54 minutes**

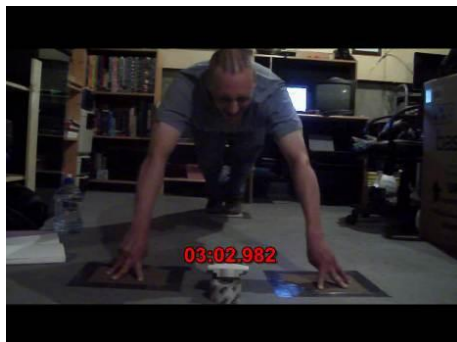
Date Achieved: 2012.04.22

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/six-finger-plank/14992#contentsection>

YouTube Link: <http://youtu.be/ElFyWRoAEdk>



Index Number: PR-4 RS-3

Record Name: **Longest 2 Thumb Plank**

Personal Record: **3:05.71 minutes**

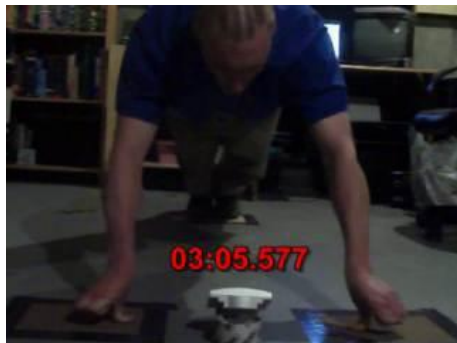
Date Achieved: 2012.04.14

W5: Criteria – Must be open palm.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/two-thumb-plank-concrete/14837#contentsection>

YouTube Link: <http://youtu.be/BLk-fUKXWjo>



Index Number: PR-5 RS-4

Record Name: **Longest 4-Finger Plank**

Personal Record: **1:35.40 minutes**

Date Achieved: 2012.05.21

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/four-finger-plank/15785#contentsection>

YouTube Link: <http://youtu.be/spXICe887iw>



Index Number: PR-6 RS-5

Record Name: **Longest 8-Finger Plank (75 LBS)**

Personal Record: **1:22.80 minutes**

Date Achieved: 2012.04.07

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/eight-finger-plank-75-pounds-back/14844#contentsection>

YouTube Link: <http://youtu.be/E4eUqzzMgtM>

Index Number: PR-7 RS-6

Record Name: **Longest 2 Thumb Plank (75 LBS)**

Personal Record: **1:00.33 minutes**

Date Achieved: 2012.04.07

W5: Criteria – Must be open palm.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-thumbs-75-pounds-back/14728#contentsection>

YouTube Link: <http://youtu.be/Stj2wuLdW2o>

Index Number: PR-8 RS-7

Record Name: **Longest 8 Finger Plank (100 LBS)**

Personal Record: **52.7 seconds**

Date Achieved: 2012.10.18

W5: Criteria – May not use thumbs

Links:

RecordSetter Link: <http://recordsetter.com/world-record/eight-finger-plank-100-pounds-back/18220#contentsection>

YouTube Link: <http://youtu.be/quvsQHM10jY>

Index Number: PR-9 RS-8

Record Name: **Longest 6-Finger Plank (75 LBS)**

Personal Record: **34.14 seconds**

Date Achieved: 2012.04.26

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/six-finger-plank-75-pounds-back/15086#contentsection>

YouTube Link: <http://youtu.be/5KomOm1XMHk>

Index Number: PR-10 RS-9

Record Name: **Longest 1 Thumb Plank (1-Arm)**

Personal Record: **29.01 seconds**

Date Achieved: 2012.04.26

Links:

RecordSetter Link: <http://recordsetter.com/world-record/one-arm-one-thumb-plank/15084#contentsection>

YouTube Link: <http://youtu.be/w7gTn9FhIBY>



Index Number: PR-11 RS-10

Record Name: **Longest 2 Thumb Plank on 2 Nails**

Personal Record: **28.10 seconds**

Date Achieved: 2012.09.13

W5: Criteria – Must be open palm, and head of nails may not be more than 1 cm in diameter. Top of the nails from the ground may not be more than 5 inches from the ground.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/two-thumb-plank-two-nails/17749#contentsection>

YouTube Link: <http://youtu.be/jelhex40PS4>



Index Number: PR-12 RS-11

Record Name: **Longest 4-Finger Plank (50 LBS)**

Personal Record: **24.32 seconds**

Date Achieved: 2011.12.23

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/four-finger-plank-50-pounds-back/12532#contentsection>

YouTube Link: <http://youtu.be/wT88k0xGiwY>

Index Number: PR-13 RS-12

Record Name: **Longest Hand Stand on Fingertips**

Personal Record: **19.77 seconds**

Date Achieved: 2012.05.02

W5: May be supported by wall.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/handstand-fingertips/15279#contentsection>

YouTube Link: http://youtu.be/TwUCWbvP_v8



Index Number: PR-14 RS-13

Record Name: **Longest 8-Finger Plank (135 LBS)**

Personal Record: **18.87 seconds**

Date Achieved: 2012.01.15

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <https://recordsetter.com/world-record/eight-finger-plank-135-pounds-back/12943>

YouTube Link: <http://youtu.be/pXtg4E5JiEA>

Index Number: PR-15 RS-14

Record Name: **Longest 3 Finger Plank (1-Arm)**

Personal Record: **18.42 seconds**

Date Achieved: 2011.04.26

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/one-arm-three-finger-plank/15083#contentsection>

YouTube Link: <http://youtu.be/w7gTn9FhIBY>



Index Number: PR-16 RS-15

Record Name: **Longest Reverse 6-Finger Plank**

Personal Record: **17.1 seconds**

Date Achieved: 2012.09.11

W5: Utilizing the weakest fingers, the Index fingers nor the thumbs may be used.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/reverse-six-finger-plank/17720#contentsection>

Index Number: PR-17 RS-16

Record Name: **Longest 6-Finger Plank on a 46-Inch Incline**

Personal Record: **7.2 seconds**

Date Achieved: 2012.05.02

W5: Criteria - Thumbs may not be used.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/six-finger-plank-feet-46-inch-incline/15277#contentsection>

YouTube Link: <http://youtu.be/HJFiXVGdjHQ>

Index Number: PR-18 RS-17

Record Name: **Longest 2 Thumb Plank 25 lbs on 2 Nails, Holding 2 Burning Candles in each Hand**

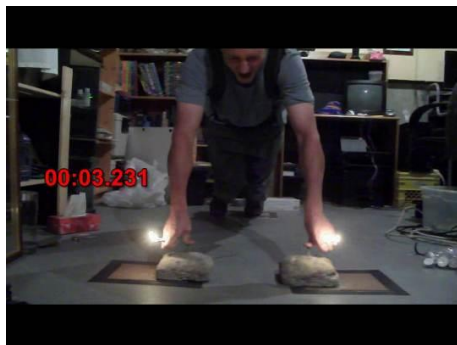
Personal Record: **3.7 seconds**

Date Achieved: 2012.10.12

Links:

RecordSetter Link: <http://recordsetter.com/world-record/two-thumb-plank-two-nails-while-holding-two-burning-candles-each-hand/18150#contentsection>

YouTube Link: <http://youtu.be/1KmiXG7WZPY>



Index Number: PR-19 RS-18

Record Name: **Longest Reverse 6-Finger Plank on top of 2 Published Books to be featured in.**

Personal Record: **2.98 seconds**

Date Achieved: 2012.09.05

W5: Criteria – May not use thumbs nor Index Finger, and must be published in 2 books by whole name and name of record. Books must be made available in both Canada, and The US. I used the RecordSetter Book of World Records and the Ripley's Believe It Or Not 9th Annual Book. Both books listed my name and mentioned my Most Consecutive One-Arm Push-Ups on a Raw Egg record.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/reverse-six-finger-plank-atop-two-books-be-published-for-same-record/17664#contentsection>

Index Number: PR-20 RS-19

Record Name: **Longest 2 Thumb Plank on top of 2 Raw Eggs (without breaking eggs)**

Personal Record: **0.12 Seconds**

Date Achieved: 2011.09.23

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-thumbs-raw-eggs/10520#contentsection>

YouTube Link: <http://youtu.be/ajX7zDF3Ou0>



L-Sit

Note: In the L-Sit position only the hands make contact with the ground with the legs remaining horizontal.

Index Number: PR-21 RS-20

Record Name: **Longest L-Sit on Fingertips**

Personal Record: **33.95 seconds**

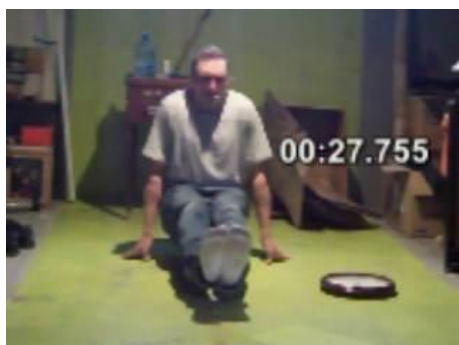
Date Achieved: 2011.06.05

W5: Note: On RecordSetter.com it is known as; Longest Time To Support Body Weight On FingerTips.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/hold-body-weight-fingertips-concrete/7792#contentsection>

YouTube Link: <http://youtu.be/a2gfYgXqZDU>



Index Number: PR-22 RS-21

Record Name: **Longest L-Sit on Index Fingers and Thumbs**

Personal Record: **7.09 seconds**

Date Achieved: 2012.01.10

W5: Note: On RecordSetter.com it is known as; Longest Time To Support Body Weight On 2 Fingers and 2 Thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/support-body-weight-two-fingers-two-thumbs/12885#contentsection>

YouTube Link: http://youtu.be/Kf2v_kOfuGs



Index Number: PR-23 RS-22

Record Name: **Longest L-Sit on 2 Raw Eggs**

Personal Record: **5.82 seconds**

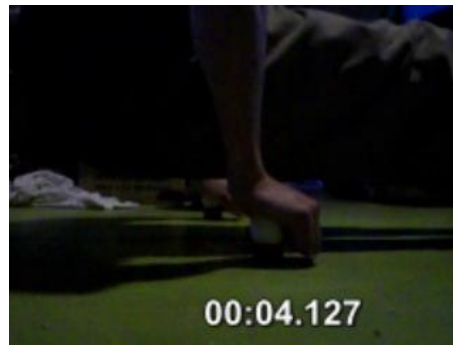
Date Achieved: 2011.05.31

W5: Note: On RecordSetter.com it is known as; Longest Time To Balance Body Weight On Raw Eggs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/balance-body-weight-two-eggs-without-breaking/7710#contentsection>

YouTube Link: <http://youtu.be/FO0uw3yhkMM>



Planks (Planking)

Note: Normal Plank is in a push-up position resting on the elbows while the extended plank is in an extended push-up position resting on hands.

Index Number: PR-24 RS-23

Record Name: **Longest Extended Plank**

Personal Record: **31:30 minutes**

Date Achieved: 2011.11.13

W5: The Extended Plank differs from the typical plank, in which you rest upon your elbows, thus your arm are extended so that just your hands and toes touch the ground.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/extended-plank-with-arms-extended/12349#contentsection>

YouTube Link: <http://youtu.be/8posSIB-v50>



Index Number: PR-25

Record Name: **Longest Plank (50 LBS)**

Personal Record: **5:00 minutes**

Date Achieved: 2003.00.00

W5: Typical Plank performed on elbows and toes meeting the ground.

Index Number: PR-26 RS-24

Record Name: **Longest Extended Plank (100 LBS)**

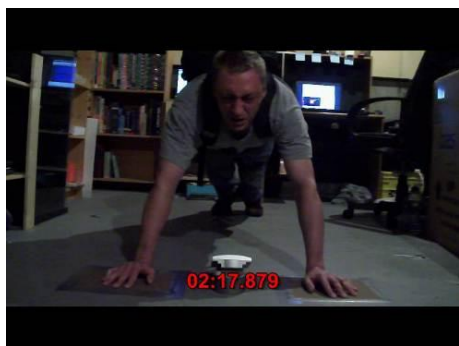
Personal Record: **2:32.07 minutes**

Date Achieved: 2011.12.23

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-exercise-arms-extended-100-pounds-back/12529#contentsection>

YouTube Link: <http://youtu.be/0cmwJFZPJnc>



Index Number: PR-27 RS-25

Record Name: **Longest Extended Plank on 2 Raw Eggs (without breaking the eggs)**

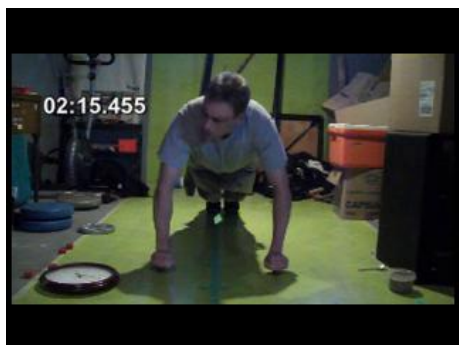
Personal Record: **2:20.89 minutes**

Date Achieved: 2011.05.17

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-raw-eggs-without-cracking-it/7495#contentsection>

YouTube Link: http://youtu.be/E3QP_KzHHII



Index Number: PR-28 RS-26

Record Name: **Longest Plank (75 LBS)**

Personal Record: **2:15.87 minutes**

Date Achieved: 2011.06.05

W5: Typical Plank performed on elbows and toes meeting the ground.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-75-pounds-back/7774#contentsection>

Index Number: PR-29 RS-27

Record Name: **Longest Extended Plank (1-Arm)**

Personal Record: **2:05.17 minutes**

Date Achieved: 2012.01.25

W5: Criteria – Feet must be kept no more than 24 inches apart.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/one-arm-plank-feet-two-feet-apart/13173#contentsection>

Index Number: PR-30 RS-28

Record Name: **Longest Extended Plank (Gripping 2 25 LBS Weights)**

Personal Record: **38.56 seconds**

Date Achieved: 2012.01.25

Links:

RecordSetter Link: <http://recordsetter.com/world-record/extended-plank-while-gripping-2-25-pound-weights-10-pounds/13171#contentsection>

YouTube Link: <http://youtu.be/IzEIIxISHBU>



Index Number: PR-31 RS-29

Record Name: **Longest Extended Plank on Fists (182 LBS - Weight equal to Body Weight)**

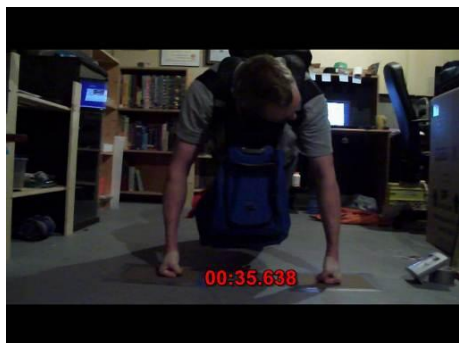
Personal Record: **36.38 seconds**

Date Achieved: 2011.12.23

Links:

RecordSetter Link: <http://recordsetter.com/world-record/extended-plank-fists-ones-added-body-weight/12562#contentsection>

YouTube Link: <http://youtu.be/qy2SDc0tDdY>



Index Number: PR-32 RS-30

Record Name: **Longest Plank on Elbow (25 LBS)**

Personal Record: **20.2 seconds**

Date Achieved: 2012.01.25

Links:

RecordSetter Link: <http://recordsetter.com/world-record/plank-elbow-25-pounds-back/13172#contentsection>

YouTube Link: <http://youtu.be/bBMCXHKOYDQ>

Weightlifting with Fingers

Index Number: PR-33 RS-31

Record Name:

Personal Record: **3:17.9 minutes**

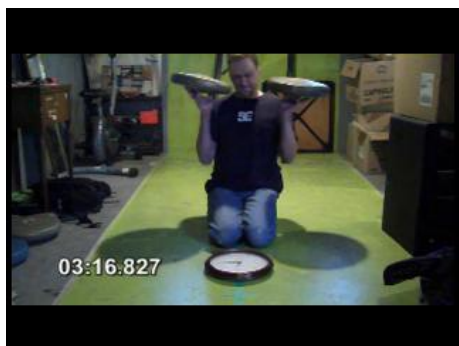
Date Achieved: 2011.05.10

W5: Criteria – Must be kneeling during exercise.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/hold-25-pound-weight-plate-fingertips-each-hand-while-knees/7404#contentsection>

YouTube Link: http://youtu.be/k_-ze6I9c50



Index Number: PR-34 RS-32

Record Name: **Longest Time to Hold a 50 LBS Weight on top of Fingertips**

Personal Record: **55.75 seconds**

Date Achieved: 2011.05.25

W5: Criteria – Must be kneeling during exercise.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/hold-50-pounds-weight-fingertips-hand/7617#contentsection>

YouTube Link: <http://youtu.be/tiyrQCxGggg>



Index Number: PR-35 RS-33

Record Name: **Most Weight Lifted in Grocery Bags (1-Hand)**

Personal Record: **129 LBS**

Date Achieved: 2011.04.19

W5: Criteria – No extra padding allowed on hand, weight must be lifted by hand. One must hold weight for a total duration of 30 seconds.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/weight-held-grocery-bags/6946#contentsection>

YouTube Link: <http://youtu.be/-retcgUH9Q0>

Index Number: PR-36

Record Name: **Heaviest Groceries Carried from Car to House (Per Hand)**

Personal Record: **Sum 103 LBS (Right – 72 LBS, Left – 38 LBS)**

Date Achieved: 2011.03.26

W5: 2011.01.20 – (Right – 36 LBS, Left – 38 LBS) / 2011.03.26 – (Right – 72 LBS, Left – 31 LBS)

Index Number: PR-37 RS-34

Record Name: **Most Weight Lifted in Grocery Bags (1-Finger)**

Personal Record: **75 LBS**

Date Achieved: 2011.05.12

W5: I achieved this feat with-out padding. One must lift the weight for a total duration of at least 5 seconds. I used my index finger to achieve this record.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/weight-held-finger/7432#contentsection>

YouTube Link: <http://youtu.be/WDB10z5QcNg>



Finger Miscellaneous

Index Number: PR-38 RS-35

Record Name: **Longest Yoga Crow Pose**

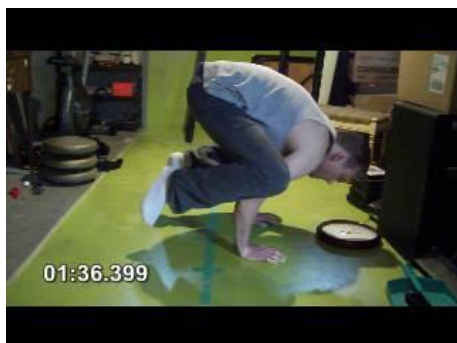
Personal Record: **1:39.22 minutes**

Date Achieved: 2011.05.03

Links:

RecordSetter Link: <http://recordsetter.com/world-record/raven-pose/7273#contentsection>

YouTube Link: <http://youtu.be/m1OOZSIG78E>



Index Number: PR-39 RS-36

Record Name: **Longest Holding Broom Horizontally (1-Arm)**

Personal Record: **2:35.07 minutes**

Date Achieved: 2011.04.29

W5: Criteria – Broom must be at least 50 inches in length, and must grab broom by end of handle, also the broom must be made of wood.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/hold-broom-horizontally-hand/7178#contentsection>

Theme 1 – Athletic

Category 1 – Exercise

Subcategory 2 – Push-Ups

Index Number: PR-40

Record Name: **Fastest 250,000 Push-Ups**

Personal Record: **1,964 days**

Date Achieved: 1993.07.09 – 1998.11.27

Index Number: PR-41

Record Name: **Most Push-Ups – 1 Year**

Personal Record: **93,961 push-ups**

Date Achieved: 1998.05.21 – 1999.05.21

Index Number: PR-42

Record Name: **Fastest 50,000 Push-Ups**

Personal Record: **173 days**

Date Achieved: 1995.09.10 – 1996.02.29

Index Number: PR-43

Record Name: **Most Push-Ups – 1 Month (28 days)**

Personal Record: **15,880 push-ups**

Date Achieved: 1995.01.27 – 1995.02.23

Index Number: PR-44

Record Name: **Most Push-Ups – 1 Day (24 hours)**

Personal Record: **6,295 push-ups**

Date Achieved: 1995.09.07

Index Number: PR-45

Record Name: **Most Push-Ups – 12 Hours**

Personal Record: **6,010 push-ups**

Date Achieved: 1995.09.07

Index Number: PR-46

Record Name: **Fastest 3,000 Push-Ups**

Personal Record: **2:38:05 hours**

Date Achieved: 1996.03.14

Index Number: PR-47

Record Name: **Most Push-Ups 1 Hour**

Personal Record: **1,272 push-ups**

Date Achieved: 1995.06.12

Index Number: PR-48

Record Name: **Push-Ups 1-Arm (5 Hours)**

Personal Record: **1,188 push-ups**

Date Achieved: 1997.09.02

Index Number: PR-49

Record Name: **Fastest 1,000 1-Arm Push-Ups**

Personal Record: **3:52:20 hours**

Date Achieved: 1997.09.06

Index Number: PR-50

Record Name: **Push-Ups, Sets of 50 in 24 Hours**

Personal Record: **17 sets**

Date Achieved: 1995.12.24

Index Number: PR-51

Record Name: **Fastest 500 Push-Ups**

Personal Record: **19:53 minutes**

Date Achieved: 1996.05.05

Index Number: PR-52

Record Name: **Push-Ups, Sets of 60 in 24 Hours**

Personal Record: **6 sets**

Date Achieved: 1995.12.21

Index Number: PR-53

Record Name: **Consecutive Push-Ups**

Personal Record: **102**

Date Achieved: 1995

W5: Allowed to rest in extended push-up position.

Index Number: PR-54

Record Name: **Push-Ups – 2 seconds/push-up, hands 26 inches apart (Consecutive)**

Personal Record: **60 push-ups – 2:25.38 minutes**

Date Achieved: 1995.10.06

Index Number: PR-55

Record Name: **Fastest 60 Push-Ups**

Personal Record: **51.2 seconds**

Date Achieved: 1995.08.27

Index Number: PR-56

Record Name: **Push-Ups – Fingertip (Consecutive)**

Personal Record: **48 fingertip push-ups**

Date Achieved: 1995.12.01

Index Number: PR-57 RS-37

Record Name: **Push-Ups Knuckles (On Concrete)**

Personal Record: **43 push-ups**

Date Achieved: 2011.09.03

Links:

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-knuckle-push-ups-concrete-floor/10057#contentsection>

Index Number: PR-58 RS-38

Record Name: **Push-Ups, Alternative Consecutive 1-Arm (On Concrete)**

Personal Record: **36 alternating 1-arm push-ups**

Date Achieved: 2011.07.24

Links:

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-alternating-one-arm-push-ups/9047#contentsection>

YouTube Link: <http://youtu.be/yluPU6uOKmk>

Index Number: PR-59 RS-39

Record Name: **Most Push-Ups on Balloons (Consecutive)**

Personal record: **30 push-ups**

Date Achieved: 2011.07.07

W5: Criteria – Balloons may not be more than 51 cm in circumference, however hard cover books may be placed atop of balloons.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/push-ups-balloons/8797#contentsection>

YouTube Link: <http://youtu.be/APxvFNk1NUI>



Index Number: PR-60

Record Name: **Push-Ups, 1-Arm (Right) Consecutive**

Personal Record: **26 1-arm push-ups**

Date Achieved: 1997.01.12

Index Number: PR-61 RS-40

Record Name: **Push-Ups 8-Finger (On Concrete)**

Personal Record: **25 8-finger push-ups**

Date Achieved: 2012.01.10

W5: Criteria – May not use thumbs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/eight-finger-push-ups-concrete/12873#contentsection>

YouTube Link: <http://youtu.be/82HwdWdeZec>



Index Number: PR-62 RS-41

Record Name: **Most Push-Ups - 50 LBS - Body weight 180 LBS or Less (On Concrete)**

Personal Record: **25 push-ups**

Date Achieved: 2012.03.16

Links:

RecordSetter Link: <http://recordsetter.com/world-record/push-ups-50-pounds-back/14167#contentsection>

YouTube Link: <http://youtu.be/FUDEoi0qxws>

Index Number: PR-63 RS-42

Record Name: **Most 1-Arm Push-Ups on Knuckles – Consecutive (On Concrete)**

Personal Record: **21 1-arm knuckle push-ups**

Date Achieved: 2011.07.21

W5: I achieved this feat with my right arm.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-one-arm-push-ups-knuckles-concrete/8991#contentsection>

YouTube Link: <http://youtu.be/hJOmFZpMwBM>



Index Number: PR-64 RS-43

Record Name: **Most Push-ups on Raw Eggs (While Balancing Egg on Spoon in Mouth)**

Personal Record: **20 push-ups on raw eggs**

Date Achieved: 2011.05.31

W5: Without breaking any eggs.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/push-ups-raw-eggs-while-balancing-an-egg-spoon-mouth/7709#contentsection>

YouTube Link: http://youtu.be/RTnl_GNMpSw

Index Number: PR-65

Record Name: **Push-Ups, 1-Arm (Left) Consecutive**

Personal Record: **18 1-arm push-ups**

Date Achieved: 1995

Index Number: PR-66 RS-44

Record Name: **Most Push-Ups on Thumbs, Consecutive (On Concrete)**

Personal Record: **18 push-ups on thumbs**

Date Achieved: 2012.01.10

W5: Criteria - Thumb push-ups may only be done by open palm.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/push-ups-thumbs-concrete/12876#contentsection>

YouTube Link: <http://youtu.be/JfA2uC7HODo>



Index Number: PR-67 RS-45

Record Name: **Most 1-Arm Push-Ups (While Balancing Egg on Spoon in Mouth)**

Personal Record: **16 1-arm push-ups**

Date Achieved: 2011.06.11

Links:

RecordSetter Link: <http://recordsetter.com/world-record/one-arm-push-ups-while-balancing-an-egg-spoon-mouth/7909#contentsection>

YouTube Link: http://youtu.be/j_ix4q-Go8A



Index Number: PR-68 RS-46

Record Name: **Most 1-Arm Fingertip Push-Ups (On Concrete)**

Personal Record: **16 1-arm fingertip push-ups**

Date Achieved: 2011.08.11

W5: I achieved this feat with my right arm.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/one-arm-fingertip-push-ups-concrete-floor/9533#contentsection>

YouTube Link: http://youtu.be/_Gw2o7BvDZY



Index Number: PR-69 RS-47 ABOR-1

Record Name: **Most 1-Arm Push-Ups on Raw Egg (without breaking egg)**

Personal Record: **16 1-Arm Push-Ups**

Date Achieved: 2011.05.14

W5: I achieved this feat with my right arm. The world record was featured on RecordHolders.org – 8 1-arm push-ups on raw egg – 2012.01.05.

This world record was also featured in the 9th annual hard cover book, "Ripley's Believe It or Not" on page 160 at 11 1-arm push-ups on a raw egg – 2012 09 01.

This world record was also featured in, "The Mammoth Book of Weird Records" on page 367. at 16 1-arm push-ups on a raw egg - 2015 07 07.

RecordSetter Link: <http://recordsetter.com/world-record/one-arm-push-ups-single-raw-egg-with-out-breaking-the-egg/10456#contentsection>

YouTube Link: <http://youtu.be/VNb12rFctqQ>



Index Number: PR-70 RS-48

Record Name: **Most 6-Finger Push-Ups (On Concrete)**

Personal Record: **15 6-finger push-ups**

Date Achieved: 2012.04.13

W5:

Links:

RecordSetter Link: <http://recordsetter.com/world-record/six-fingered-push-ups-concrete-floor/14841#contentsection>

YouTube Link: <http://youtu.be/bn-XvRgBw0A>



Index Number: PR-71 RS-49

Record Name: **Most 1-Arm Push-ups on Back of Hand - Consecutive (On Concrete)**

Personal Record: **14 1-arm back of hand push-ups**

Date Achieved: 2011.11.17

World Record: 55 1-arm back of hand push-ups by Loseb Khutsishvili – 2012.02.14

Links:

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-one-arm-back-hand-push-ups-concrete/11836#contentsection>

YouTube Link: <http://youtu.be/EmaOMwUKfK4>



Index Number: PR-72 RS-50

Record Name: **Most Push-Ups - 100 LBS - Body weight 180 LBS or Less (On Concrete)**

Personal Record: **13 push-ups (100 lbs)**

Date Achieved: 2012.04.14

Links:

RecordSetter Link: <http://recordsetter.com/world-record/push-ups-100-pound-back/14833#contentsection>

YouTube Link: http://youtu.be/kTQ_e7SK0fc



Index Number: PR-73 RS-51

Record Name: **Most 1-Arm Push-Ups – 10 LBS (Feet 24 Inches Apart)**

Personal Record: **10 1-arm push-ups**

Date Achieved: 2012.04.30

W5: Criteria – Must balance weight on back, and hand must be behind back.

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-one-arm-push-ups-10-pound-weight-back/15245#contentsection>

YouTube Link: http://youtu.be/2GS_NFcLfK0



Index Number: PR-74 RS-52

Record Name: **Most 8-Finger Push-Ups – 50 LBS (On Concrete)**

Personal Record: **8 8-finger push-ups (50 lbs)**

Date Achieved: 2011.09.23

Links:

RecordSetter Link: <http://recordsetter.com/world-record/push-ups-eight-fingers-50-pounds-back/10522#contentsection>

YouTube Link: <http://youtu.be/OrTJEUL37U0>



Index Number: PR-75 RS-53

Record Name: **Most Push-Ups - 120 LBS - Body weight 180 LBS or Less (On Concrete)**

Personal Record: **6 push-ups (120 lbs)**

Date Achieved: 2012.04.02

Links:

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-push-ups-120-pounds-back/14605#contentsection>

YouTube Link: <http://youtu.be/Ybb0QTtafRM>



Index Number: PR-76

Record Name: **Push-Ups – 4-Finger**

Personal Record: **5 4-finger push-ups**

Date Achieved: 1996.02.29

W5: Criteria – May not use thumbs.

Index Number: PR-77 RS-54

Record Name: **Most 1-Arm Push-Ups Balancing 10 LBS on Fingertips (Feet 24 Inches Apart)**

Personal Record: **4 1-arm push-ups**

Date Achieved: 2012.01.22

Links:

RecordSetter Link: <http://recordsetter.com/world-record/consecutive-one-arm-push-ups-balancing-10-pound-weight-fingertips/13082#contentsection>

YouTube Link: <http://youtu.be/-oPJhV6qejk>



Index Number: PR-78 RS-55

Record Name: **Most 1-Arm Push-Ups on Back of Steak Knife Blade**

Personal Record: **4 1-Arm Push-Ups**

Date Achieved: 2011.12.07

W5: Criteria – Back of blade may not be more than 1 mm in width.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/one-armed-push-ups-the-back-steak-knife-blade/12137#contentsection>

YouTube Link: <http://youtu.be/94GA1LUEz0s>



Index Number: PR-79

Record Name: **Push-Ups – 1-Arm 4-Finger**

Personal Record: **2 1-arm, 4-finger push-ups**

Date Achieved: 1996

W5: I used my right arm to achieve this feat, and thumbs are not permitted.

Index Number: PR-80

Record Name: **Push-Ups – 1 Arm 3-Finger**

Personal Record: **1 1-arm, 3-finger push-up**

Date Achieved: 1996.05.21

W5: I achieved this feat with my right arm, and thumbs are not permitted.



Index Number: PR-81

Record Name: **Push-Ups – Most Weight on Back**

Personal Record: **154 LBS**

Date Achieved: 2012.04.04

W5: My body weight at the time was 179 lbs with clothes.

Index Number: PR-82

Record Name: **Push-Ups Work-Outs, Each and Every Minute, Sets of 15**

Personal Record: **109 sets (1,635 push-ups in 1:49 hours)**

Date Achieved: 1995.12.23

Index Number: PR-83

Record Name: **Push-Up Work-Outs, Each and Every Minute, Sets of 20**

Personal Record: **28 sets (560 push-ups in 28 minutes)**

Date Achieved: 1996.08.07

Theme 1 – Athletic

Category 1 – Exercise

Subcategory 3 – Running

Index Number: PR-84

Record Name: **Most Miles Ran in 1 Year**

Personal Record: **136 miles**

Date Achieved: 1993.07.09

Index Number: PR-85

Record Name: **Longest Continuous Walk**

Personal Record: **25.031 miles - 6:37:20.00 hours**

Date Achieved: 1996.06.06

Index Number: PR-86

Record Name: **Distance walked With 30 lbs on Back (No Rest)**

Personal Record: **19.5 miles – 5:15:00 hours**

Date Achieved: 2000.05.07

Index Number: PR-87

Record Name: **Longest Continuous Run**

Personal Record: **19 miles - 2:52:39.00 hours**

Date Achieved: 1996.06.11

Index Number: PR-88

Record Name: **30 Kilometers Run [18.64114 Miles]**

Personal Record: **2:49:23.34 hours**

Date Achieved: 1996.06.11

W5: (Based on calculation)

Index Number: PR-89

Record Name: **Running Backwards**

Personal Record: **4.5 miles**

Date Achieved: 2008.11.15 - 2008 November 15th

Links:

YouTube Link: <http://youtu.be/RUvbKSMKQS8>

Index Number: PR-90

Record Name: **5 Kilometers [3.106856 miles] Run**

Personal Record: **18:37.72 minutes**

Date Achieved: 1994.06.04

Index Number: PR-91

Record Name: **1 Mile (1.609 kilometers) Run**

Personal Record: **5:27.72 minutes**

Date Achieved: 1994.05.19 - 1994 May 19th

World Record: 3:43.13 minutes by Hicham El Guerrouj – 1999 July 7th

Index Number: PR-92

Record Name: **1 Mile (1.609 kilometers) as a Smoker Run**

Personal Record: **7:02:60 minutes** – Official Outdoor Track Record

Date Achieved: 2007.10.16

Index Number: PR-93

Record Name: **1 Mile (1.609 kilometers) on Treadmill Run – as a Smoker**

Personal Record: **6:58:60 minutes** – Treadmill set at 0 degrees

(Ion 1807T-ME Treadmill)

Date Achieved: 2007.09.17

Index Number: PR-94

Record Name: **400 Meters Run**

Personal Record: **1:09.62 minutes**

Date Achieved: 1994.10.01

Index Number: PR-95

Record Name: **100 Meters Run**

Personal Record: **14.80 seconds**

Date Achieved: 1994.10.01

Index Number: PR-96

Record Name: **Running – Top Speed**

Personal Record: **16.69 mph (7.462 Meters per Second)**

Date Achieved: 2005.08.09

W5: The following record was measured by video analysis of a peak speed reached over a 20 Meter distance provided a running head-start of 30 Meters to reach my peak speed before I reached the 20 Meter videoed distance.

This cancels time lost to start-reaction times and is therefore the fastest peak speed reached within a 100 Meter Race.

Walking (Misc)

Index Number: PR-97

Record Name: **Longest Distance to Walk a Dog**

Personal Record: **6.6 miles (10.62 km) in 1:48:52 hours**

Date Achieved: 2014.04.21

W5: Measured by GPS.

Index Number: PR-98

Record Name: **Most miles walked in a store**

Personal Record: **1.71 miles (2.75 km) in 2:44:49 hours**

Date Achieved: 2014..05.27

W5: Superstore (Grocery Store). Measured by pedometer Iphone app, 'ITreadmill.' Average Speed was 0.62 mph. 158 Calories were burned.

Theme 1 - Athletic

Category 1 – Exercise

Subcategory 4 – Cycling

Index Number: PR-99

Record Name: **Fastest Speed measured on a Bicycle as a smoker (flat surface)**

Personal Record: **26 mph (41.84 kmh)**

Date Achieved: 2015.04.22

W5: Measured by GPS at the following location; N 53.53198 W -113.63022. Wind was blowing South East at 27 mph Gust 34 mph 21 Celsius. My heart rate reached 168 bpm. Record occurred at 2:48:58pm.

YouTube Link: <https://youtu.be/rfTEfl--6FA>



Index Number: PR-100

Record Name: **Fastest Speed measured on a Bicycle as a smoker (downhill)**

Personal Record: **24.6 mph (39.58 km/hr)**

Date Achieved: 2010.07.06

W5: N53 32.310 W113 33.813 (as measured by GPS
, and documented on video)

Index Number: PR-101

Record Name: **Fastest Mile on a Bicycle as a smoker**

Personal Record: **3:43 minutes (16.14 mph)**

Date Achieved: 2015.04.13

W5:

Index Number: PR-102

Record Name: **Most Miles on Bicycle in 1 hour as a smoker**

Personal Record: **13.564 miles**

Date Achieved: 2015.04.21

W5: *** The record for most miles on a bicycle including waiting for traffic stops is 10.749 miles achieved on 2015 04 13.

Index Number: PR-103

Record Name: **Longest Continuous Bicycle Ride – as a smoker**

Personal Record: **26.51 miles (42.66 km)**

Date Achieved: 2010.05.17

W5: As measured by GPS.

Max. 23.6 mph

Avg. 7.7 mph

Moving Time 2 hrs 38 min

Total Time: 3 hrs 13 min.

***The record for the most continuous miles on an exercise bike is 15.027 miles in 1:40:04 hours on 2015 03 05.

Index Number: PR-104 RS-56

Record Name: **Longest Distance by Bike in 24 Hours (Outdoor Bike) – As a Smoker**

Personal Record: **41.41 miles (66.64 km)**

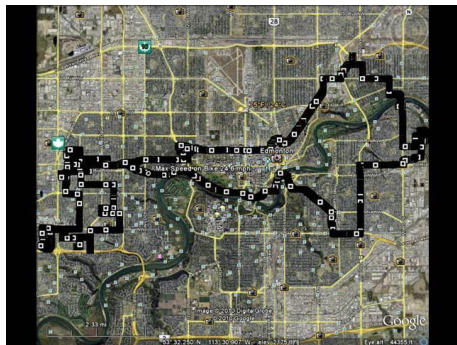
Date Achieved: 2010.07.06

W5: The bike trip across Edmonton took 5 hours (4 hours 1 minute – actual moving time). My average speed was 7.6 mph, and my maximum speed was 24.6 mph. Stats retrieved by my pulse watch are as such; 5 hrs. 4mins. 47 sec, I was in my optimal heart rate zone for 2 hrs. 15 mins. 46 sec. My average heart rate was 142 bpm, my minimum heart rate was 87 bpm, and my maximum heart rate was 177 bpm. I consequently burned 4,730 calories. As a note, the entire endeavor was captured on video.

This record is also classed within the URDB as longest videotaping of a bike ride 4 hours 1 minute.

RecordSetter Link: <http://recordsetter.com/world-record/video-taping-bike-ride/6888#contentsection>

YouTube Link: <http://youtu.be/8OxogyriXKc>



Index Number: PR- 105

Record Name: **Longest Distance by Bike in 24 Hours (Outdoor Bike) (Apple Watch)**

Personal Record: **50.23 miles (80.84 km)**

Date Achieved: 2022.06.09.

W5: 5:49:15 hours , Avg. Speed 8.6 mph, Avg. Heart Rate 144 bpm 96-169 BPM, 1,282 Active Calories 1,843 Total Calories, Cardio 207 minutes Peak 93 minutes Fat burn 46 minutes. This is also an Apple Watch Record.

Theme 1 - Athletic

Category 1 – Exercise

Subcategory 5 – Lung Power

Static & Dynamic Apnea



Index Number: PR-106 RS-57

Record Name: **Holding Breath (floating face down on water) As a Smoker.**

Personal Record: **4:02.71 minutes**

Date Achieved: 2008.07.12

W5: In RecordSetter.com the record is established as,” Longest Time for a Smoker to Hold Breath”. Part of the criteria is to prove that one is a smoker – when I achieved this record I had been a pack/day for 7 years, 7 months, and 11 days.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/breath-hold-smoker/13457#contentsection>

YouTube Link: <http://youtu.be/Tahy4MV5jmA>



Index Number: PR-107

Record Name: **Holding Breath (underwater, fully submersed) As a Non-Smoker**

Personal Record: **3:31.59 minutes**

Date Achieved: 1995.07.27

Index Number: PR-108

Record Name: **Holding Breath (underwater, fully submersed) As a Smoker**

Personal Record: **3:16.71 minutes**

Date Achieved: 2008.06.08

Index Number: PR-109

Record Name: **Holding Breath (under 10 feet of water) as a Smoker**

Personal Record: **2:34.87 minutes**

Date Achieved: 2006.01.12

Index Number: PR-110

Record Name: **Dynamic Apnea - Longest Distance Swimming Under-Water as a Smoker**

Personal Record: **164 ft (50 m)**

Date Achieved: 2006.01.12

W5: Criteria – No returning to surface for air.

Index Number: PR-111

Record Name: **Swimming – Fastest 66 Feet under Water**

Personal Record: **19.65 seconds**

Date Achieved: 1995.07.24

Blowing & Air Pressure

Index Number: PR-112 RS-58

Record Name: **Longest Distance to Blow out a Candle (with 3 ½ inch straw)**

Personal Record: **11.42 ft. (137.04 inches)**

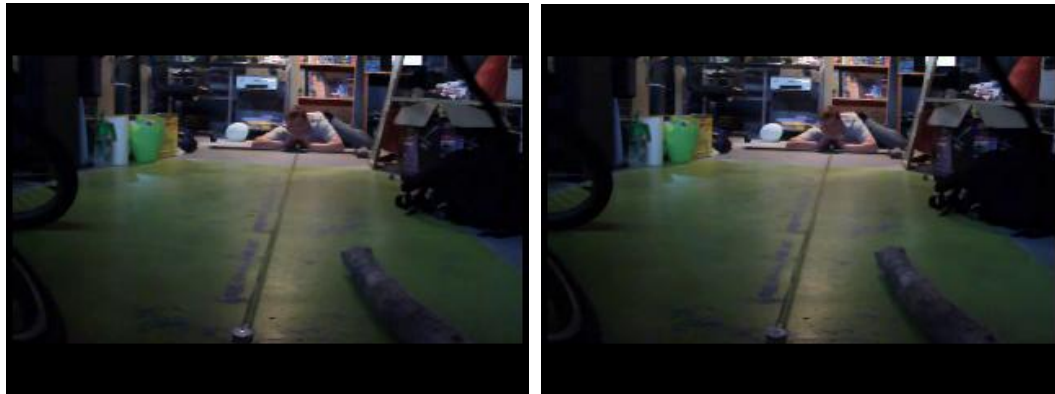
Date Achieved: 2011.07.21

W5: My record with-out use of a straw is 6 feet, 2 ½ inches – 2003.11.18

Links:

RecordSetter Link: <http://recordsetter.com/world-record/farthest-distance-blow-out-candle/9037#contentsection>

YouTube Link: <http://youtu.be/GeEWU5NnvCs>



Index Number: PR-113

Record Name: **Greatest Air Pressure Blown into a Fuel Pump Pressure Gauge**

Personal Record: **19.107 PSI (1317.4 millibars)**

Date Achieved: 2003.11.18

Index Number: PR-114

Record Name: **Greatest Suction Created within a Fuel Pump Pressure Gauge**

Personal Record: **2.946 PSI (203.157 millibars)**

W5: Sucking on a fuel pump pressure gauge.

Date Achieved: 2003.11.18

Index Number: PR-115

Record Name: **Fastest Time to Blow-Up a 2 ft. 7 inch. (0.78 m.) Diameter Beach Ball as a Smoker**

Personal Record: **4:43.23 minutes**

Date Achieved: 2010.06.30

W5: The 31 inch diameter beach ball with a circumference of 97.34 inches (8 ft. 1.34 inches) had a volume containing 15,598.5 cubic inches or 255.6 liters (67.5 gallons) of air.

Over-all the flow rate would be blowing 1 liter of air every 1.10 seconds. This was my second beach ball blown continuously with-out stopping.

At the time I had been a pack a day smoker for duration of 9 years, 6 months, 30 days (3,498 days).

Links:

YouTube Link: <http://youtu.be/Tahy4MV5jmA>



Index Number: PR-116 RS-59

Record Name: **Fastest Time to Blow-Up an Exercise Ball (60 cm in Diameter)**

Personal Record: **54.535 seconds**

Date Achieved: 2011.03.08

W5: The total volume of the Sport Line inflatable exercise ball is 113.09 liters of air. Un-Officially, on 2011, March 10th, I blew up a 60 cm ball in 53.56 seconds. On RecordSetter.com, the record was verified at 55.06 seconds.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/blow-up-2-foot-exercise-ball/5919#contentsection>

YouTube Link: <http://youtu.be/HNg7UpHNckU>

Index Number: PR-117 RS-60

Record Name: **Fastest Time to Burst a Standard Sized Party Balloon**

Personal Record: **12.66 seconds**

Date Achieved: 2011.07.24

W5: The balloon was also of helium quality.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/blow-up-balloon-until-it-pops/9046#contentsection>

YouTube Link: <http://youtu.be/MXIDWxCkGxA>

Index Number: PR-118 RS-61

Record Name: **Fastest Time to Burst a Standard-Sized Party balloon by Nose**

Personal Record: **30.16 seconds**

Date Achieved: 2011.07.01

Links:

RecordSetter Link: <http://recordsetter.com/world-record/blow-up-balloon-nose-until-it-pops/8552#contentsection>

YouTube Link: <http://youtu.be/5AmoI7VZFHI>

Index Number: PR-119 RS-62

Record Name: **Fastest Time to Burst 10 Standard-Sized Party Balloons**

Personal Record: **5:10.22 minutes**

Date Achieved: 2011.07.24

Links:

RecordSetter Link: <http://recordsetter.com/world-record/blow-up-10-balloons-until-they-pop/9052#contentsection>

Index Number: PR-120 RS-63

Record Name: **Fastest Time to Burst 5 Standard-Sized Party Balloons**

Personal Record: **1:36.75 minutes**

Date Achieved: 2011.07.24

Links:

RecordSetter Link: <http://recordsetter.com/world-record/blow-up-five-balloons-until-they-pop/9049#contentsection>

YouTube Link: <http://youtu.be/empFDcSgDOQ>

Index Number: PR-121

Record Name: **Most Standard-Sized Party Balloons Blown-Up and Tied in 1 Minute (20 cm in Diameter)**

Personal Record: **7 Balloons in 57.633 seconds**

Date Achieved: 2011.01.11

W5: The first and fastest balloon was blown-up, and tied in 6.829 seconds. The average was 8.23 seconds per balloon.

Links:

YouTube Link: <http://youtu.be/BC2IBCaL1zg>

Index Number: PR-122

Record Name: **Fastest to Blow-up and Tie a Standard Sized Party Balloon (20 cm in Diameter)**

Personal Record: **6.829 to 7.230 seconds**

Date Achieved: 2011.01.11

W5: Timing was done through video-tape analyses at 29 frames per second. During the estimated time of 6.829 seconds to blow, and Tie a balloon, I blew up the balloon in 3.629 seconds (flow rate of 1.53 liters per second).

Index Number: PR-123

Record Name: **Most Volume of Air Blown into Balloons in 1 Hour**

Personal Record: **Total Volume - 1,564.58 liters of air**

(137 Balloons - Avg. Diameter 27.94 cm, 11.42 liters of air each)

Date Achieved: 2010.08.26

W5: The balloons had an average blown-up diameter of 11 inches (27.94 cm), and circumference of 35 inches. The average speed to blow-up each balloon and tie it was 26.27 seconds.

Index Number: PR-124 RS-64

Record Name: **Fastest Time to Blow-Up and Tie 1,000 Balloons (20 cm in Diameter)**

Personal Record: **3:51 Hours**

Date Achieved: 2011.02.02

W5: It took me 3 Hours 51 Minutes to blow-up 1,000 balloons with two 5 minutes breaks (smoke breaks) thus actually blowing time was 3 Hours, 41 Minutes. This works out to 271.5 balloons blown-up an hour.

My minimum heart rate was 76 bpm, my average heart rate was 115 bpm, and my maximum heart rate was 144 bpm. I was in the cardio zone for 30 minutes, with 0 recoveries, and I burned a total 2,358 calories.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/blow-up-1000-balloons/9567#contentsection>

YouTube Link: <http://youtu.be/SXp6EC3meVw>



Index Number: PR-125 RS-65 ABOR-2

Record Name: **Most Standard-Sized Party Balloons Blown-Up and Tied in 24 Hours (20 cm in Diameter)**

Personal Record: **2,501 balloons**

Date Achieved: 2011.08.07

W5: The achievement was part of the Fusion Britannia Hope Festival. The story was also featured on CTV Edmonton News (Channel 2)

RecordSetter Link: <http://recordsetter.com/world-record/balloons-blown-up-24-hours/9754#contentsection>

YouTube Link: <http://youtu.be/Pi-CNFngjjA>





Index Number: PR-126 RS-66 ABOR-3 GWR-1

Record Name: **Most Standard-Sized Party Balloons Blown-Up in 1 Hour (20 cm in Diameter)**

Personal Record: **446 by 2 counters**

Date Achieved: 2011.02.09

W5: On the set of City TV BT-Edmonton show, 7:35 am to 8:35 am, I blew-up a total 446 balloons (avg. diameter 21 cm) – 2 official counters counted 446 balloons.

The world record was also featured in the book, "Horrid Henry's World Records" on page 103 - 2013 09 12.

RecordSetter Link: <http://recordsetter.com/world-record/inflated-balloons-blown-up-an-hour/6053#contentsection>

YouTube Link: <http://youtu.be/Mie4NQcZtuI>



Index Number: PR-127 RS-67

Record Name: **Most Standard-Sized Party Balloons Blown-up Inside One-another**

Personal Record: **Pre-Blown - 8 Balloons, and, Never Blown – 4 Balloons**

Date Achieved: 2011.04.09

W5: Thus, the largest 8th balloon had 7 smaller balloons inside of it. And therefore to blow-up 4 brand-new balloons, is 4X harder than blowing up 1 balloon. However, for pre-blown balloons the record is 8 balloons in total, because the balloons get stretched out considerably, become weaker, and thus are easier to blow into.

RecordSetter Link: <http://recordsetter.com/world-record/balloons-fit-inside-balloon/6670#contentsection>

YouTube Link: <http://youtu.be/-SiNnioTOr4>

Index Number: PR-128 RS-68

Record Name: **Fastest Time to Burst a 17 Inch Mega Whoopee Cushion**

Personal Record: **36.10 seconds**

Date Achieved: 2011.09.09

RecordSetter Link: <http://recordsetter.com/world-record/inflate-17-inch-mega-whopee-cushion-until-it-bursts/10277#contentsection>

YouTube Link: <http://youtu.be/-PaGKw5hLS4>

Index Number: PR-129 RS-69

Record Name: **Fastest Time to Burst an 8.4 Inch Jumbo Balloon**

Personal Record: **4:58.51 minutes**

Date Achieved: 2011.09.07

W5: When fully inflated just before bursting the final diameter of the balloon was 30.75 inches.

RecordSetter Link: <http://recordsetter.com/world-record/inflate-an-84-inch-jumbo-party-balloon-until-it-burst/10160#contentsection>

YouTube Link: <http://youtu.be/nHaCe-HCFC8>



Theme 1 - Athletic

Category 1 – Exercise

Subcategory 6 – General

Index Number: PR-130

Record Name: **Static Wall Sit [Samson's Chair]**

Personal Record: **7:10.62 minutes**

Date Achieved: 1999.02.07

Index Number: PR-131

Record Name: **Bar Dips**

Personal Record: **22 bar dips**

Date Achieved: 1995.09.02

Index Number: PR-132

Record Name: **Chin Ups**

Personal Record: **17 chin-ups**

Date Achieved: 1995.09.13

Index Number: PR-133

Record Name: **Push-Ups**

Personal Record: **72 push-ups**

Date Achieved: 1995.09.04

Index Number: PR-134

Record Name: **Continuous Skipping [Jump Rope]**

Personal Record: **4:23.78 minutes**

Date Achieved: 1995.07.05

Index Number: PR-135

Record Name: **Skipping [Jump Rope] Most Doubles**

Personal Record: **22 doubles in 16.00 Seconds.**

Date Achieved: 1994.05.22



Index Number: PR-136

Record Name: **Running Long Jump**

Personal Record: **3 Meters 63.3 Centimeters**

Date Achieved: 2005.08.09

Index Number: PR-137

Record Name: **Longest Continuous Stretching**

Personal Record: **1:45:00 hours**

Date Achieved: 1995.04.08 - 1995 April 8

Theme 1 - Athletic

Category 1 – Exercise

Subcategory 7 – Hand-Walking



Index Number: PR-138

Record Name: **Hand-Walking - Longest Distance**

Personal Record: **110 feet**

Date Achieved: 1999.08.27

Index Number: PR-139

Record Name: **Hand-Walking - Down Most Steps (Stairs)**

Personal Record: **6 steps**

Date Achieved: 2000.07.29

Index Number: PR-140

Record Name: **Longest Handstand**

Personal Record: **1:15 minutes**

Date Achieved: 2001

YouTube Link: <http://youtu.be/DVLqhX5xnfE>



Index Number: PR-141 RS-70

Record Name: **Longest Handstand on Knuckles (On Concrete)**

Personal Record: **37.89 seconds**

Date Achieved: 2011.06.06

Links:

YouTube Link: <http://recordsetter.com/world-record/handstand-knuckles-concrete/7785#contentsection>

YouTube Link: <http://youtu.be/UkqslvLAKOA>

Index Number: PR-142

Record Name: **Hand-Walking - Longest One-Arm Handstand**

Personal Record: **4.0 seconds**

Date Achieved: 1997.01.12

Index Number: PR-143

Record Name: **Hand-Walking - Most Distance – 24 hrs.**

Personal Record: **926 feet**

Date Achieved: 1999.09.09

Index Number: PR-144

Record Name: **1st Fingertip Handstand**

Personal Record: **Handstand on Fingertips**

Date Achieved: 2017.06.08



Index number: PR-145

Record Name: **Handstand Push-Ups**

Personal Records: **5 handstand push ups**

Date Achieved: 1992

Index Number: PR-146 RS-71

Record Name: **Highest Elevation Above Sea Level to do a Handstand**

Personal Record: **26.03 Seconds (7,402 feet)**

Date Achieved: 2017.08.11

W5: On top of Sulphur Mountain, Sanson's Peak I performed a 26.03 second handstand at an elevation of 7,402 feet above sea level. I calculated that only 78% of oxygen exists at this altitude.

On RecordSetter, this record is known as, "Longest Handstand Performed on Sanson's Peak."

YouTube Link: <https://youtu.be/tX-cr4rrcd8>

RecordSetter Link: <https://recordsetter.com/world-record/handstand-performed-sansons-peak/53658>



Index Number: PR-147

Record Name: **Oldest Age to Handstand or to Hand walk**

Personal Record: **50 Years, 218 Days**

Date Achieved: 2024.07.12

W5: I walked 18 feet on my hands at the age of 50 years 218 days old on 2024 07 12.

On 2024 06 29 at 50 years, 205 days old I walked 25 feet on my hands. I also did a handstand on 2026 06 07 at the age of 52 years 183 days.



Index Number: PR-148 RS-72

Record Name: **Longest Head-Stand (supported by wall)**

Personal Record: **4:57.12 minutes**

Date Achieved: 2009.02.01

Links:

RecordSetter Link: <http://recordsetter.com/world-record/headstand-against-wall-using-pillow/5934#contentsection>

YouTube Link: <http://youtu.be/T5s9r3Q3P4>

Theme 1 - Athletic
Category 1 – Exercise
Subcategory 8 – Dance

Index Number: PR-149

Record Name: **Dance Practice – 1 Month**
Personal Record: **30 hours**
Date Achieved: Unknown

Index Number: PR-150

Record Name: **Dance Practice - 1 Week**
Personal Record: **11 hours**
Date Achieved: Unknown

Index Number: PR-151

Record Name: **Dance Practice - 1 Day**
Personal Record: **3:40:14 hours**
Date Achieved: 1999.07.01

Index Number: PR-152

Record Name: **Dance - Consecutive Spins**
Personal Record: **2 spins**
Date Achieved: 1996.05.21

Index Number: PR-153

Record Name: **Dance - Fastest Speed**
Personal Record: **14.09 mph (6.3 Meters per Second)**
Running Man (4 Full Movements) 0.96 seconds and Cross Legs (4 Full Movements) 1.27 seconds.
Date Achieved: 1994.08.29

Index Number: PR-154

Record Name: **Best 3D Dance Video (YouTube)**
Personal Record: **“My Best Dancing Ever Darryl Learie”**
Date Achieved: 2014.09.03

W5: “My Best Dancing Ever Darryl Learie” was a 3D dance video uploaded to YouTube on 2014, September 3rd that received 5 Likes and just 1 Dislike for a total approval rating of 83.3% - the video as of 2021, November 16th has also received 1,152 views.

The video was reuploaded in its 3D format to correct for distortion and because older 3D videos on YouTube no longer appeared in 3D due to a change in meta data on 2025 06 15.

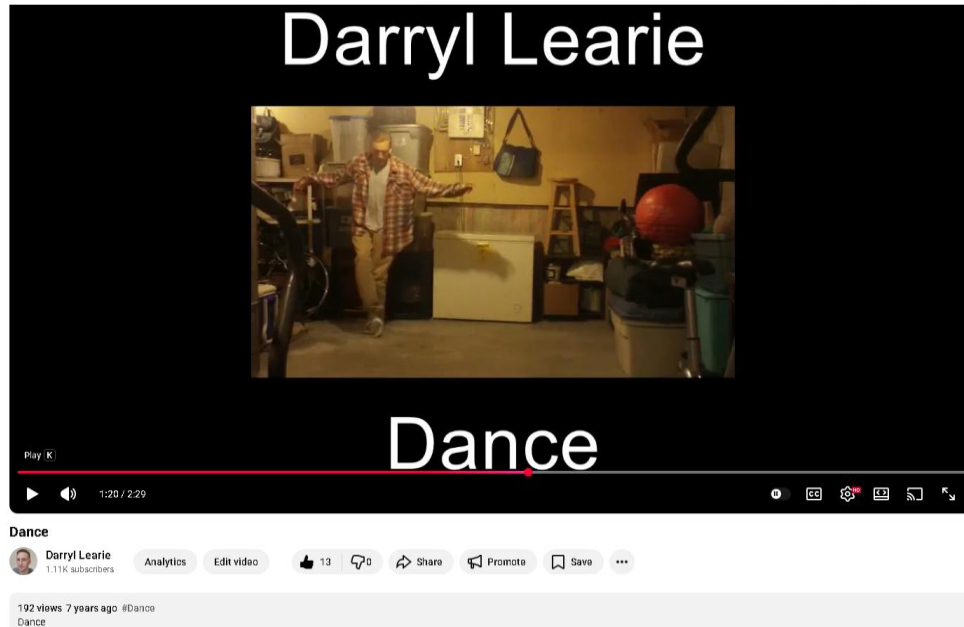
A 2D version was uploaded to YouTube on 2019 02 21 which was viewed 193 times with 13 likes and 0 dislikes. And an edited 90 second portrait version was uploaded 2024 03 14 with 49 views and 6 likes.

YouTube Link (3D Dance Video): <https://youtu.be/ITKP5hT4EE0?si=BjYXSQRMUhaQICaw>

YouTube Link (2D Dance Video Version): https://youtu.be/odr6iyxM4_M?si=U7iOA7VpK-Sz7roj

YouTube Link (2D Dance Video 90 second version): <https://youtu.be/qYTFFCnyuy8?si=mc39B8hqi02dfUfx>





Index Number: PR-155

Record Name: **Best Dance Video Overall (Facebook)**

Personal Record: **"Age 51 - Practice before I shoot my final dance video."**

Date Achieved: 2025.04.08

W5: This dance video is the best overall for a few reasons; it was shot in 4K (3840 x 2160) resolution and is reasonably short 1:24 minutes long demonstrating smooth execution of my best moves. It was uploaded on 2025 04 08 and was viewed 1,270 times with 29 likes, and 7 shares. It also received 53 comments. It is the my most popular dance video on Facebook.

Age 51 - Practice before I shoot my final dance video. #DarrylLearie #Dance



[See insights](#)

[Create ad](#)

Jill Bradley, Maryanne Judy Servizio and 27 others

53 comments · 7 shares · 1.2K views

Below are 10 screen shots from my best overall dance video.





Index Number: PR-156

Record Name: **Most Popular Dance Video (YouTube)**

Personal Record: **“Green Screen Dance – Darryl Learie” – 2,196 views (29 Likes, 3 Dislikes)**

Date Achieved: 2019.03.01

W5: The 5:57 minute dance video Green Screen Dance uploaded 2019 03 01 was viewed 2,196 times by 2026 03 08 and received 29 likes and 3 dislikes. This works out to an approval of 90.6 % based on ratings.

Notably, the video, “Craziest, Weirdest, Strangest, and Sickest Dance Video” which featured my dancing and rapping received 6,292 views from 2010 08 11 to 2026 03 23. Technically this is the most viewed video of my dancing on YouTube however it was not the most popular with 6 Likes and 8 dislikes (42.8% approval rating).

YouTube Link: https://youtu.be/AaqBMBSTbR4?si=t38X3_IHXTTYGyN4



Green Screen Dance - Darryl Learie



Darryl Learie
1.11K subscribers

Analytics

Edit video



29



3



Share



Promote



Save



2,196 views Mar 1, 2019 [#Dance](#) [#GreenScreen](#) [#DarrylLearie](#)
Green Screen Dance - Darryl Learie

Index Number: PR-157

Record Name: **Dance Competition (Team)**

Personal Record: **Channel 10, Dance TV – 2nd Place (Magoo Crew)**

Date Achieved: 1997.03

W5: As part of the Magoo Crew (Break Dance Crew) in a Hip-Hop, Rap Contest, I danced as ,”Dancer” and later became “999-Mago” under the name, “Darryl Dobish.”

Theme 1 - Athletic

Category 1 – Exercise

Subcategory 9 – Sports

Sledding

Index Number: PR-158

Record Name: **Snow Sledding – Fastest Speed (Metal Sled)**

Personal Record: **23.0 mph**

Date Achieved: 2008.01.01

W5: I used an old wooden sled with metal skis known as a, “Yankee” sled.

Index Number: PR-159 RS-73

Record Name: **Snow Sledding – Fastest Speed (Plastic Sled)**

Personal Record: **18 mph**

Date Achieved: 2012.02.29

W5: The data must be used as proof, and was used to verify speed.

RecordSetter Link: <http://recordsetter.com/world-record/speed-downhill-plastic-sled/13734#contentsection>

YouTube Link: <http://youtu.be/q7Wev0L-CvM>

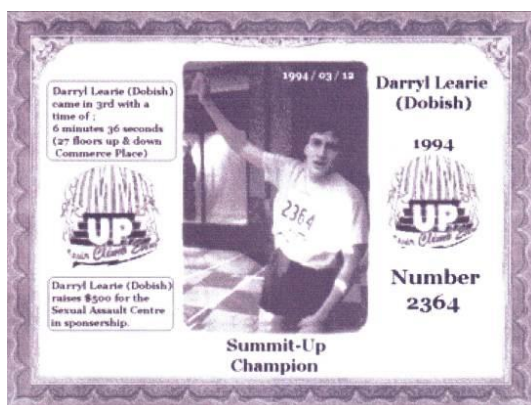
Stair Climbing

Index Number: PR-160

Record Name: **Stair Climbing - Up and Down 27 Floors (Commercial Building)**

Personal Record: **6:34 minutes**

Date Achieved: 1994.03.12



Take the Challenge!

21 Flights!
Up and Down
or
81 Flights!
Up and Down
Teams must do 81 Flights

The Fee
\$20.00 per person
\$25.00 per person after March 5th

Corporate Teams:
\$75.00 per team
\$100.00 per team after March 5th
3 person teams

Race Pack Pick-Up
The Running Room
8537 - 109 Street
Thursday March 10th
and Friday March 11th
9:30am - 8:30pm

Commerce Place
Jasper Avenue & 102nd Street
9:00am Saturday March 12, 1994

ALL PROCEEDS TO:
The Sexual Assault
Centre of Edmonton.

PRIZES:
The Major Prize is a
PRECOR 718c Low Impact
Climber from Apple Fitness
There are plenty of other
Great Draw Prizes!

Buy Your Time!
Registration Form on Reverse



15/03/04
Dear Darryl,
CONGRATULATIONS! ON
YOUR WINS LAST SATURDAY!
Way to Go Dude. You:- won the competition
- raised \$500.- for the sexual
assault center.
- met new people.
- got something to sell for
money for your trip
- learned more about training
- & are very aware that;
"DESTINY is Not
a Matter of Chance, it
is a Matter of CHOICE."
Love,
MARTIN



Car Pushing

Index Number: PR-161

Record Name: **Fastest Time to push a Car 1 mile**

Personal Record: **19:42 minutes**

(3,306.9 lb Toyota Camry 2009)

Date Achieved: 2010.08.09

W5: My average speed was 2.9 mph, and my maximum speed was 5.7 mph, as measured by GPS. If the car were just 700 lbs heavier, I would have had a World Record.

YouTube Link: <http://youtu.be/dUXfcFbk6Q>



Index Number: PR-162 RS-74

Record Name: **Heaviest Vehicle to Push 1 Mile**

Personal Record: **5,109 lb Truck 1 Mile in 58:38 minutes**

Date Achieved: 2010.09.14

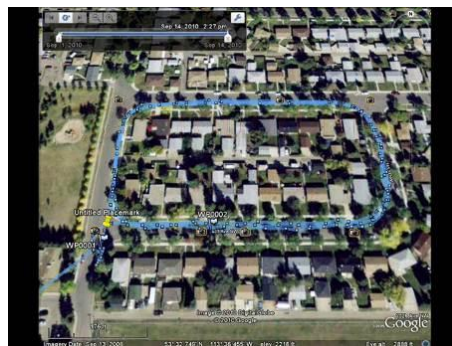
W5: The Fx-100 Truck had a curb weight of 4,199 lbs, including the weight of 2 rather heavy passengers totaled, 5,109 lbs. While the truck was in neutral I pushed at a maximum speed of 3.4 mph, an average speed of 1.02 mph, and alas a minimum speed of 0.3 mph.

I started at the following co-ordinates; 53 deg. 32.726 N, 113 deg. 36.530 W, and ended after 3 circuits at 53 deg. 32.732 N, 113 deg. 36.472.

I burnt 1,192 calories, and had a minimum heart rate of 118 bpm. My average heart-rate was 166 bpm (90 % of my max hr), and my maximum heart-rate was 177 bpm (96 % of my max hr). My final recovery was 14 bpm/min (173 bpm to 159 bpm).

RecordSetter Link: <http://recordsetter.com/world-record/push-5109-pound-truck-mile/6942#contentsection>

YouTube Link: <http://youtu.be/ZSZYr0vZyoE>





Index Name: PR-163

Record Name: **Farthest Distance to Continually Push a Car**

Personal Record: **2.08 miles**

(40 minutes 26 seconds, 3,306.9 lb Toyota Camry 2009)

Date Achieved: 2010.08.09

W5: The whole endeavor took 40 minutes, 26 seconds, to push the 3,306.9 lb being steered in neutral by my 198 lb friend John. The first mile was completed in 19 minutes, 42 seconds, the second consecutive mile was completed in 20 minutes, 44 seconds. My average speed was 2.9 mph, and I had a top starting speed of 5.7 mph. As a note my friend, John Paradowski wanted to stop at the 2 mile mark.

As a further note, my average heart rate was 164 bpm (89% of theoretical maximum), my maximum heart rate was 175 bpm (95% of theoretical maximum), and alas my minimum heart rate was 152 bpm (82% of theoretical maximum) – all above the aerobic heart zone.

I burned off 809 calories, and had a recovery of Recovery, 158-149 bpm R=9 bpm/min.

Endurance

Index Number: PR-164 RS-75

Record Name: **Longest Chalk Line Drawn By Hand Only on Pavement**

Personal Record: **1.5 miles (8,067 feet)**

(Total Time 2:50.49 hours)

Date Achieved: 2011.10.10

W5: Criteria – no aids are allowed such as chalk attached to a stick, as this would make the record too easy to accomplish.

RecordSetter Link: <http://recordsetter.com/world-record/chalk-line-drawn-without-stopping/11041#contentsection>

YouTube Link: <http://youtu.be/hKHgflnfYAY>



Index Number: PR-165 RS-76

Record Name: **Longest Distance to Crawl on Hands and Knees (In Basement)**

Personal Record: **1.98 miles (10, 460 feet)**

(The entire crawl was done in 3:58:03 hours)

Date Achieved: 2011.01.04

W5: I had crawled around a 10 foot length of tape, each circuit or loop around the tape was 20 feet, thusly I made 523 circuits. My average speed was 0.47 mph; I burned 3,713 calories or 1.06 lbs.

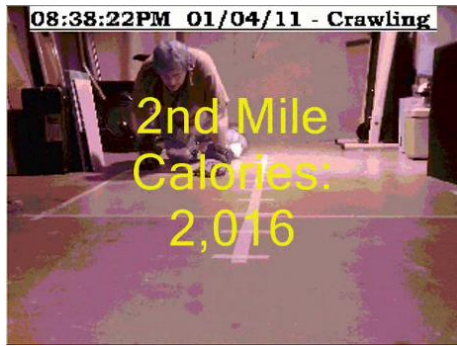
During the first mile my Minimum heart rate was 111 bpm (60% of max), my average heart rate was 153 bpm (83 % of my max), and my maximum heart rate was 169 bpm (91 % of max).

During the second mile my minimum heart rate was 107 bpm (58% of max), my average heart rate was 135 (73% of my max), and my maximum heart rate was 148 bpm (80% of max)

The first mile was done in, 1:35:40 hours, and the second mile was done in 2:22:23 hours. During the first mile, I had an average speed of 0.62 mph, dropping to 0.42 mph during the second mile.

RecordSetter Link: <http://recordsetter.com/world-record/farthest-distance-crawl-basement-5-hours/7336#contentsection>

YouTube Link: <http://youtu.be/nvdq8H0w8Mo>



Index Number: PR-166

Record Name: **Longest Distance to continuously push a 160 lb Washer Machine on a Dolly**

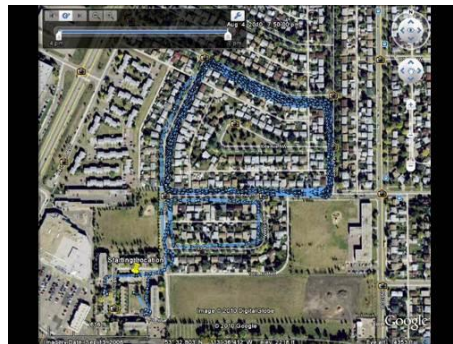
Personal Record: **11.023 miles**

Date Achieved: 2010.08.04

W5: I pushed a 160 lb top loader Maytag washer machine on a standard dolly a total distance of 11.023 miles in 3 hours, 6 minutes, and 26 seconds.

Links:

YouTube Link: <http://youtu.be/XfjwIIrTo7I>



Index Number: PR-167

Record Name: **Longest Distance to Walk Backwards while Balancing an Egg on a Spoon held in Mouth**

Personal Record: **0.817 miles (4,313 feet)**

(4,313 feet in 35 minutes, 24 seconds)

Date Achieved: 2010.08.07

W5: It took me 35 minutes 24 seconds to walk backwards while balancing an egg on a spoon within my mouth. My daughter, Raven Lapatak broke my record by 1,619 feet by completing a total distance of 1.131 miles (5,972 feet) in 1 hour, 15 minutes, 53 seconds.

YouTube Link: <http://youtu.be/8E9TWPzCepe>

Index Name: PR-168

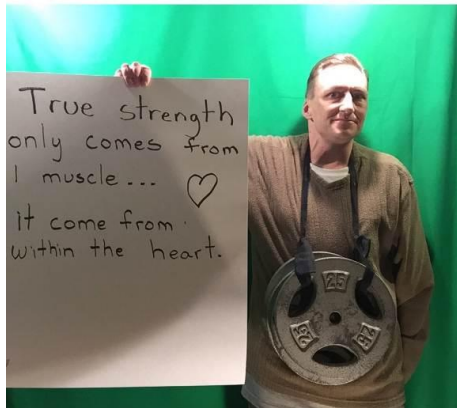
Record Name: **Heaviest Weight Worn Around Neck**

Personal Record: **100 lbs (19 seconds)**

Date Achieved: 2016.12.27

W5: For a YouTube video to promote the message, " True Strength comes from the Heart " I stood for 19 seconds wearing a crude necklace with 100 lbs of weight (4 25-lb weights). My body weight is 176.2 lbs, and I stand 5 feet 10 inches.

YouTube Link: <https://youtu.be/H1R8jMl52zc>



Index Name: PR-169

Record Name: **Longest Time to Stand with 160.9 lbs Weight Added**

Personal Record: **20:44:68 Minutes**

Date Achieved: 2016.09.09

W5: In a YouTube video weighing 170.3 lbs at 5 foot 10 inches, I stood with an additional 160.9 lbs (Total combined weight, body weight and additional weight 331.2 lbs) for 20 minutes, 44.68 seconds while holding a sign that read, " Being bullied in High-School was the most soul crushing experience in my 42 years of life. I don't want that to happen to another soul! #Stop Bullying."

The effort was part of an anti-bullying video named, "The heavy burden of being bullied."

This was 94.48% of my body weight.

YouTube Link: <https://youtu.be/Ai9dT478wtk>



Index Name: PR-170

Record Name: **Longest Time Standing with 100 lbs of Weight Added**

Personal Record: **40:29 minutes**

Date Achieved: 2016.05.07

W5: For an anti-bullying YouTube named, I "Most determined to get Dr.Phil's Attention" I stood with 100 lbs on my back for 40 minutes, 29 seconds. My body weight is 170.3 lbs and I stand at 5 feet 10 inches.

At the 0:04:21 mark I stood with 100 lbs for 40 minutes, 29 seconds. At the 1:17:30 hour mark I stood with 75 lbs on my back for 30 minutes, 45 seconds. At the 2:38:23 hour mark I stood with 50 lbs on my back for 30 minutes, 47 seconds.

During the whole 3 hours, 5 minutes, and 25 seconds I held a sign that read," Dr.Phil, Please let me share my story of being bullied on your show. #StopBullying."

YouTube Link: <https://youtu.be/KNzlqTYSGjU>



Index Name: PR-171

Record Name: **Longest Time to Stand While Holding a Sign in a YouTube Video**

Personal Record: **4:05:09 hours**

Date Achieved: 2016.02.10

W5: For a YouTube video I stood while holding a sign that read," Living with Mental Illness is painful enough...without the judgement " for 4 hours, 5 minutes, and 9 seconds.

On RecordSetter the record is known as, Longest time standing while holding a sign for mental illness awareness in a YouTube Video.

YouTube Link: <https://youtu.be/CUd2TSPHIZY>

RecordSetter Link: <https://recordsetter.com/world-record/standing-while-holding-sign-for-mental-illness-awareness-youtube-video/46029>



Balloons Skill

Index Number: PR-172 RS-77

Record Name: **Longest Distance to Walk on 6 Standard Party Balloons**

Personal Record: **457 feet (139.29 meters)**

Date Achieved: 2010.08.20

W5: I taped 3 standard (half blown-up) party balloons to each foot, and walked from the following co-ordinates, N 53° 32.705 W 113° 36.581 457 feet (139.29 meters) to the co-ordinates, N 53° 32.691 W 113° 36.552 until the first 2 balloons popped.

The entire walk lasted 3:12 minutes, my top speed was 4.5 mph, with an average walking speed of 1.2 mph.

RecordSetter Link: <http://recordsetter.com/world-record/distance-walk-six-balloons/5960#contentsection>

YouTube Link: <http://youtu.be/75FKMYdrfos>



Index Number: PR-173

Record Name: **Fastest Time to Pop 1,000 Balloons**

Personal Record: **7:53 minutes**

Date Achieved: 2011.02.04

W5: The Pace works out to 2.11 balloons per second or 126 balloons popped per minute.

YouTube Link: <http://youtu.be/CJP9Bs6u7Q4>

Index Number: PR-174 RS-78

Record Name: **Fastest Time to Put Both Hands inside Inflated Balloons (20 cm in diameter)**

Personal Record: **2:31.4 minutes**

Date Achieved: 2011.07.01

W5: Darryl Learie put each of his hands to two inflated balloons and blew the balloons 20 centimeters in diameter in 2 minutes and 31.4 seconds.

RecordSetter Link: <http://recordsetter.com/world-record/put-both-hands-inside-inflated-balloons/8553#contentsection>

YouTube Link: <http://youtu.be/mvYZte9CwUI>



Index Number: PR-175 RS-79

Record Names: **Most Inflated Balloons around One Hand**

Personal Record: **3 Balloons**

Date Achieved: 2011.07.03

RecordSetter Link: <http://recordsetter.com/world-record/inflated-balloons-placed-ones-hand-inside/8574#contentsection>

YouTube Link: <http://youtu.be/UzVtUNvOPKg>



Index Number: PR-176 RS-80

Record Name: **Most Inflated Balloons inside a Single Inflated Balloon**

Personal Record: **29 Balloons**

Date Achieved: 2011.07.03

RecordSetter Link: <http://recordsetter.com/world-record/inflated-balloons-inside-single-inflated-balloon/8586#contentsection>

YouTube Link: <http://youtu.be/YQEtJKJPGw8>



Index Number: PR-177 RS-81

Record Name: **Most Balloons Inflated in One Another Popped (with-out bursting the outer balloon)**

Personal Record: **2 Balloons**

Date Achieved: 2011.07.05

RecordSetter Link: <http://recordsetter.com/world-record/inflated-balloon-outside-an-inflated-balloon-be-popped/8630#contentsection>

YouTube Link: <http://youtu.be/vEMFptK5odg>



Index Number: PR-178 RS-82

Record Name: **Most candles Lit inside an inflated Balloon**

Personal Record: **20 Candles**

Date Achieved: 2011.07.03

W5: I have yet to master tying off the balloon with candles lit inside.

RecordSetter Link: <http://recordsetter.com/world-record/candles-lit-inside-an-inflated-balloon/8595#contentsection>

YouTube Link: <http://youtu.be/mVawHOc8-Gs>



Index Number: PR-179 RS-83

Record Name: **Most Steak Knives (4 ½ inch blade) put into a Standard Party Sized Inflated Balloon**

Personal Record: **9 Steak knives**

Date Achieved: 2011.04.09

W5: Must use a standard party sized latex balloon, and balloon must be tied off.

RecordSetter Link: <http://recordsetter.com/world-record/steak-knives-an-inflated-balloon/6668#contentsection>

YouTube Link: <http://youtu.be/CBM9S7WPuVg>



Index Number: PR-180 RS-84

Record Name: **Most Bamboo Skewers Pierced through both end of a Balloon With-out popping it**

Personal Record: **3 bamboo Skewers**

Date Achieved: 2011.04.14

W5: Balloon diameter must be at least 14 cm after piercing balloon, No tape and/or adhesives allowed, and Bamboo Skewers must pierce both ends of balloon.

RecordSetter Link: <http://recordsetter.com/world-record/bamboo-skewers-pierced-through-both-ends-balloon-with-out-popping/6829#contentsection>

YouTube Link: <http://youtu.be/6n3IDVmWPQY>



Index Number: PR-181 RS-85

Record Name: **Most Times Inflating a Mega Whoopee Cushion, and Sitting on it in a Minute**

Personal Record: **4 Times**

Date Achieved: 2011.04.14

W5: 17 inch Mega Whoopee Cushion exploded on what would have been the 5th blow-up.

RecordSetter Link: <http://recordsetter.com/world-record/inflating-sitting-mega-whoopee-cushion-minute/6827#contentsection>

Index Number: PR-182 RS-86

Record Name: **Largest Object/Shoe put inside a full blown-up Standard Party-Sized Balloon**

Personal Record: **10 ½ size men's shoe**

Date Achieved: 2010.08.27

RecordSetter Link: <http://recordsetter.com/world-record/object-placed-inside-standard-party-balloon/5931#contentsection>

YouTube Link: <http://youtu.be/jX0raYNVqWg>



Index Number: PR-183

Record Name: **Most Balloons to Wear as a Balloon Suit**

Personal Record: **115 standard sized party balloons**

Date Achieved: 2010.09.22

W5: The Record set was in part of a YouTube Video where I covered myself with 115 balloons and later ran into a wall – for views of course.

YouTube Link: <http://youtu.be/-X1U8uRN568>



Index Number: PR-184

Record Name: **Largest Balloon Ball Made (Clump of party balloons)**

Personal Record: **500 Party Sized Balloons Clumped together by String.**

Date Achieved: 2010.08.28

W5: Beginning 2010 August 25th, 177 balloons were blown, followed by another 227 on August 26th (technically most in 24 hours), and alas 96 on August 27th.

On the day of the event, as many as 15 balloons popped, however all were replaced. It's estimated a total of 15 work hours went into the effort. All done alone by myself.

YouTube Link: <http://youtu.be/WRpg3Zz8vcY>



Silly Records

Index Number: PR-185 RS-87

Record Name: **Longest Time to Stand Touching Nose to Door-Frame**

Personal Record: **2:05 hours**

Date Achieved: 2011.03.20

W5: The Longest time I did this feat standing was 1 Hour, 9 Minutes on 2011 March 16th.

RecordSetter Link: <http://recordsetter.com/world-record/touching-nose-door-frame/6144#contentsection>

Index Number: PR-186 RS-88

Record Name: **Longest Time Smiling**

Personal Record: **26:46.85 minutes**

Date Achieved: 2011.09.13

RecordSetter Link: <http://recordsetter.com/worldrecord/smiling/10268#contentsection>

Index Number: PR-187 RS-89

Record Name: **Tallest Ketchup Packet Tower Stacked in 1 Hand**

Personal Record: **9 Ketchup Packets**

Date Achieved: 2011.05.03

RecordSetter Link: <http://recordsetter.com/world-record/ketchup-pack-tower-stacked-hand/7276#contentsection>

Index Number: PR-188 RS-90

Record Name: **Longest Time Sucking One's Big Toe with Finger up Nose**

Personal Record: **21:45.8 Minutes**

Date Achieved: 2016.01.25

YouTube Link: <https://youtu.be/7WBBDtxQSOW>

RecordSetter Link: <https://recordsetter.com/world-record/suck-ones-big-toe-finger-up-nose/45702>



Index Number: PR-189 RS-91

Record Name: **Longest Time to Balance an Egg on the back of Hand**

Personal Record: **50:36.46 minutes**

Date Achieved: 2011.05.11

RecordSetter Link: <http://recordsetter.com/world-record/balance-egg-back-hand/7411#contentsection>

Index Number: PR-190 RS-92

Record Name: **Largest RecordSetter Logo Drawn in Chalk**

Personal Record: **100.5 X 51 Inches Wide**

Date Achieved: 2011.09.13

World Record: 120 inches in length by Zachary Gross – 2012.06.04

RecordSetter Link: <http://recordsetter.com/world-record/recordsetter-logo-drawn-chalk/10458#contentsection>

YouTube Link: http://youtu.be/_rdYygIZpvY

Index Number: PR-191 RS-93

Record Name: **Longest time to say, “Aflack!” – (Longest Time to say Aflack)**

Personal Record: **56.27 seconds**

Date Achieved: 2011.04.08

RecordSetter Link: <http://recordsetter.com/worldrecord/aflac/6682#contentsection>

Index Number: PR-192

Record Name: **Egg Toss – Greatest Distance without Cracking The Egg**

Personal Record: **23 feet 7 inches**

Date Achieved: 2010.08.18

W5: I threw the egg which my best friend John Paradowski caught (with-out cracking the egg) 23 feet 7 inches away.

Index Number: PR-193 RS-94

Record Name: **Most Additional Weight added to a Person Performing the Glide Dance**

Personal Record: **129 lbs**

Date Achieved: 2011.04.13

W5: The person must do 4 different glides, each glide being 10 feet in distance for a total gliding distance of 40 feet.

RecordSetter Link: <http://recordsetter.com/world-record/additional-weight-glide-dance/6819#contentsection>

Misc. Sport

Index Number: PR-194

Record Name: **Fastest Speed on Park Swings**

Personal Record: **8.8 mph**

Date Achieved: 2008.03.30

Index Number: PR-195

Record Name: **The Most Consecutive Summersaults & the Fastest Summersaults**

Personal Record: **27 Consecutive Summersaults in 42 seconds & 10 Summersaults in 12 seconds (1.2 Seconds/Summersault)**

Date Achieved: 2009.08.05

W5: Confirmed by Video

Personal Record: PR-196

Record Name: **King of The Hammer – 30 led gauge (Carnival Game)**

Personal Record: **842 points**

Date Achieved: 2010.09.25

W5: The highest score of the day was 894, on the gauge spanning 1-15 (I reached 10).

YouTube Link: <http://youtu.be/3RoZtCAJcKY>

Index Number: PR-197 RS-95

Record Name: **Most Alternating Consecutive 10 LB Arm Curls**

Personal Record: **669 Arm Curls**

Date Achieved: 2011.04.29

RecordSetter Link: <http://recordsetter.com/world-record/two-arm-curls-using-10-pound-weight/7064#contentsection>

Index Number: PR-198 RS-96

Record Name: **Tallest Ice Sculpture/Snowman**

Personal Record: **21 feet 6 inches (6.55 meters)**

Date Achieved: 2010.01.29

W5: 21 feet 11 inches (6.67 meters) from actual ground level, 44 % of the current world record (at the time of its construction).

The story was also featured on CTV Edmonton News (Channel 2)

RecordSetter Link: <http://recordsetter.com/world-record/tallest-ice-sculpture-built-individual/5918#contentsection>

YouTube Link: <http://youtu.be/O5VqWqoAEQ8>



Index Number: PR-199 RS-97

Record Name: **Most Times To Break A Record In A Single Record Category**

Personal Record: **17 Times**

Date Achieved: 2012.04.16

W5: Longest 8 Finger Plank was broken by myself 17 times.

RecordSetter Link: <http://recordsetter.com/world-record/break-record-single-record-category/14880#contentsection>

Index Number: PR-200

Record Name: **Smallest Origami Bird made**

Personal Record: **0.47 X 0.47 inch (12 X 12 mm)**

Wingspan – 0.31 inch (8.1 mm)

Date Achieved: 2011.04.13

Index Number: PR-201

Record Name: **Largest Origami Bird made**

Personal Record: **5 X 5 feet (1.52 X 1.52 m)**

Wingspan – 3 feet, 8.5 inches (1.12 m)

Date Achieved: 1995.01.23

Index Number: PR-202

Record Name: **Largest Paper Air Plane made**

Personal Record: **Length - 7 ft. 7 ½ inches. (2.32 m.)**

Wingspan – 2 ft. 7 inches (0.78 m.)

Date Achieved: 2010.06.30

W5: The monster size paper air-plane made of poster paper actually flew a distance of 36 feet.

YouTube Link: <http://youtu.be/Ut38n1LfyZ8>



Index Number: PR-203

Record Name: **Farthest Flying Paper Air Plane (Out-Doors)**

Personal Record: **56 feet, 2 ½ inches (17.13 meters)**

Date Achieved: 2010.07.04

W5: Winds peaked at 24 km/hr (14.91 mph), thusly we threw in the direction of the wind. Paper Air Planes were made of standard letter sized paper, this record took place in Gordon Drynan Park. My daughter Raven throws 54 feet.

Index Number: PR-204

Record Name: **Farthest to Throw an Acorn**

Personal Record: **60 feet 6 ½ inches (18.45 meters)**

Date Achieved: 2010.07.04

W5: Winds peaked at 24 km/hr (14.91 mph), thusly we threw in the direction of the wind.

Conventional Sports

Index Number: PR-205

Record Name: Longest Distance to swim continuously in a Swimming Pool

Personal Record: 1,650 meters (1.025 miles)

Date Achieved: 2017.10.06

W5: On 2017 10 06, I swam 1,650 meters (66 laps in a 25 meter pool) in 1 hour, 12 minutes. From 10:10 pm to 11:22pm at Hardisty Pool.

Index Number: PR-206

Record Name: **Pool (Most consecutive shots in a game)**

Personal Record: **5**

Date Achieved: 1999

Index Number: PR-207

Record Name: **Basket Ball - Most Baskets from Free Throw Line**

Personal Record: **5 consecutive baskets.**

Date Achieved: 1995.04.01

Index Number: PR-208

Record Name: **Bowling 10 pin**

Personal Record: **72 points**

Date Achieved: 2004.03

Index Number: PR-209

Record Name: **Bowling-5 Pin**

Personal Record: **145 points**

Date Achieved: 2006.04.26

Index Number: PR-210

Record Name: **Golf – Driving Golf Balls (Longest Distance)**

Personal Record: **150 Yards (137.16 m)**

Date Achieved: 2009.05.03

Index Number: PR-211

Record Name: **Farthest Gun Shot at Pop Can (Air Pellet Rifle)**

Personal Record: **66 feet, 11 inches (20.39 m)**

Date Achieved: 1995.03.29

Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 10 – Electricity





Index Number: PR-212

Record Name: **Most Dangerous Electrical A.C Current through Body**

Personal Record: **49.18 milliamps**

(270 volts, 60 hertz)

Date Achieved: 1989.00.00

Index Number: PR-213

Record Name: **Greatest Electrical D.C Current across Tongue**

Personal Record: **13 milliamps**

Date Achieved: 2001.00.00

Index Number: PR-214

Record Name: **Greatest D.C Voltage through Body**

Personal Record: **45,000 volts, 2 milliamps / oscillating at 15,000 hertz**

Date Achieved: 2001.06.13



Index Number: PR-215 RS-98

Record Name: **Longest Time to Voluntarily Electrocute One-Self Using a TV Fly-Back**

Personal Record: **3.57 seconds**

Date Achieved: 2001.06.13

W5: This record was verified by the URDB on 2011 April 13th. The TV Fly-Back put out 45,000 volts, 2 milliamps, and oscillated at 15,000 hertz.

RecordSetter Link: <http://recordsetter.com/world-record/voluntarily-electrocute-one-self-using-tv-fly-back/6783#contentsection>

YouTube Link: <https://youtu.be/eDgMIAQsqiw>

Index Number: PR-216

Record Name: **Nerve Threshold, Cannot Let Go, A.C Current, 60 Hz**

Personal Record: **13.7 milliamps**

Date Achieved: 2001.00.00

Index Number: PR-217

Record Name: **Fastest Possible Reaction to Electrical Shock**

Personal Record: **0.045 seconds**

Date Achieved: 2001.00.00

Index Number: PR-218 RS-99

Record Name: **Longest Time to Put a 9 Volt Battery on Tongue**

Personal Record: **3 minutes 19.4 seconds**

Date Achieved: 2011.04.16

W5: I actually burned my tongue, and after verification from the RecordSetter.com – the record category had the “beat” button removed because of the dangers of continue electrocution on tongue.

RecordSetter Link: <http://recordsetter.com/world-record/put-nine-volt-battery-tongue/6855#contentsection>

YouTube Link: <http://youtu.be/2PgGP9mlasU>

Index Number: PR-219 RS-100

Record Name: **Longest Time to light a 15 watt Fluorescent Light using mouth**

Personal Record: **1:47 minutes**

Date Achieved: 2012.08.20

W5: Hypothesized current 4,600 volts, 2 milliamps, at 1,800 hz.

RecordSetter Link: <http://recordsetter.com/world-record/-light-up-fluorescent-light-mouth-via-self-electrocution/17411#contentsection>

YouTube Link: <http://youtu.be/2JTe3rf4DoA>



Index Number: PR-220 RS-101

Record Name: Longest Time to light a 15 watt Fluorescent Light by Self-Electrocution Via 25 KV (3D)

Personal Record: **21.7 seconds**

Date Achieved: 2012.07.30

W5: 28,950 volts, 6.2 milliamps

RecordSetter Link: <http://recordsetter.com/world-record/light-flourescent-light-self-electrocution-25-kv-tv-flyback-shoot-3d/17098#contentsection>

YouTube Link: <http://youtu.be/SOsPmBro20c>

Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 11 – Heat & Cold

Index Number: PR-221

Record Name: Hottest Sauna Temperature Endured (With Steam)

Personal Record: **115 degrees Celsius (4 % humidity), 4:16:32 minutes**

(Estimated Humidex: 146 C)

Date Achieved: 1994.09.15

W5: Followed by a jump into the water at 18 Centigrade (97 Centigrade environmental change).

Index Number: PR-222 RS-102

Record Name: Longest Endurance in Steam Room/Sauna (Steam Room)

Personal Record: **25:15.03 minutes. (Un-Officially 28:04:76 minutes)**

(45 C with a humidity of 90 %, Humidex: 87 C)

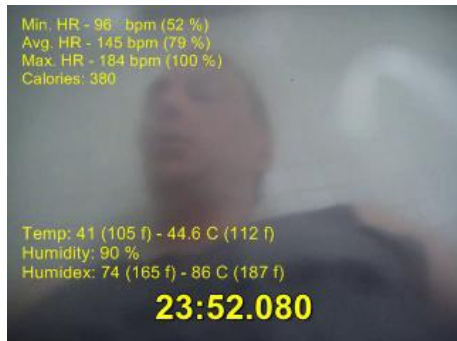
Date Achieved: 2011.08.17

W5: Jasper Place Pool (Jasper Place Steam Room), I was within the cardiac exercise zone of 80% for 4:54.00 minutes with an average pulse of 143 bpm (Minimum of 84 bpm, maximum of 179 bpm).

*** On 2011, February 1st, I stayed continuously in a steam room for 28:04:76 minutes, my maximum heart rate was 174 bpm – however this is discounted as an official record since the steam room, at West Jasper Place Pool did not seem, 'hot' as usual.

RecordSetter Link: <http://recordsetter.com/world-record/stay-public-steam-room/9635>

YouTube Link: http://youtu.be/RI_Cmxx4H3E



Index Number: PR-223

Record Name: **Hottest Bath (Bath Water Temperature)**

Personal Record: **47.2 C**

Date Achieved: 2003.11.17

Index Number: PR-224

Record Name: **Hottest Temperature recorded in Bedroom**

Personal Record: **+37 Celsius**

Date Achieved: 2021.07.01

Index Number: PR-225

Record Name: **Hottest Run**

Personal Record: **2.82 miles in +28.8 Celsius (Dry Bulb Temperature), +34 Celsius (Humidex)**

Date Achieved: 1993.08.16

W5: Mellochville, Quebec

Index Number: PR-226

Record Name: **Coldest Run**

Personal Record: **3.44 miles in – 23.8 Celsius (Dry Bulb Temperature), – 36 Celsius (wind-chill)**

Date Achieved: 1994.01.04

W5: The wind held steady at 24 km/hr and despite my attempts to dress for the cold, I consequently suffered severe frostbite to my right ear. The doctor estimated that had I been outside for 10 minutes more, my ear would have had to be possibly amputated. This record took place in Edmonton, Alberta.

Index Number: PR-227

Record Name: **Hottest Weather to Wear Winter Clothing**

Personal Record: **Full Snowsuit in +35 C (Humidex + 39 C)**

Date Achieved: 2021.06.29

W5: In a video posted to YouTube on 2021, June 29th I dressed up in underwear, shorts, shirt, socks, long johns, sweat pants, 2nd shirt, winter socks, sweater, snow pants, snow boots, snow jacket, winter hat, scarf, and mitts. I then remained outside all dressed up in winter clothing in +35 Celsius weather for 3 minutes, 4 seconds.

Since 2021, November 16th the video has received 122 views and 3 Likes. The location was Edmonton, Alberta, Canada.

YouTube Link: <https://youtu.be/nLFI9MHncT8>





EDMONTON
Wearing Full Winter Clothing (Snowsuit) on a Hot Summer Day + 35 C (95 F) in Edmonton, Alberta
122 views • Jun 29, 2021

Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 12 – Miscellaneous

Index Number: PR-228

Record Name: **Best Eye Sight**

Personal Record: **20/15 (beyond the avg. Of 20/20)**

Date Achieved: 2009.05.30

W5: Tested by Deborah Szalecki's optician located within West Edmonton Mall.

Index Number: PR-229

Record Name: **Lowest Body Weight – Naked (Adult – 18 years or older)**

Personal Record: **140.0 lbs (Naked)**

Date Achieved: 1994.09.10

W5: A body mass index of 20.1 at the time I wore a 28" pant waist.

Index Number: PR-230

Record Name: **Highest Body Weight - Naked (Adult - 18 Years Old Plus)**

Personal Record: **185.0 lbs (Naked)**

Date Achieved: 2024.03.24

W5:

Index Number: PR-231

Record Name: **Highest Estimate of Body Fat Percentage – Un-Official.**

Personal Record: **24.2 % Body Fat**

Date Achieved: 2013.03.08

W5: Based on a weight of 181.9 lbs, and a BMI of 26.3. The Body Fat percentage was calculated using a method of electrical impedance.

Index Number: PR-232

Record Name: **Lowest Estimate of Body Fat Percentage – Un-Official.**

Personal Record: **14.3 – 14.6 % Body Fat**

Date Achieved: 1994.09.10

W5: This record is by memory and therefore un-official, but I do recall a skin caliper test presenting the range.

Index Number: PR-233

Record Name: **Lowest Estimate of Body Muscle Percentage – Un-Official.**

Personal Record: **41.30 % Muscle Mass**

Date Achieved: 2009.04.12

W5: Based on a weight of 178.8 lbs, and a BMI of 25.6. The Muscle Mass percentage was calculated using a method of electrical impedance.

Index Number: PR-234

Record Name: **Highest Estimate of Body Muscle Percentage – Un-Official.**

Personal Record: **45.9 % Muscle Mass**

Date Achieved: Un-Known

W5: Based on a un-official collaborative data of pictures, athletic records, and weight, it's assumed at some point in my life, I had at least 45.9 % Muscle Mass.

Index Number: PR-235

Record Name: **Tallest Height Finally Matured To.**

Personal Record: **5 feet 10 inches (177.8 centimeters exactly)**

Date Achieved: 1997.10.22

Index Number: PR-236

Record Name: **Lowest Blood Pressure & Pulse – Day to Day Average**

Personal Record: **109/66 and a pulse of 78 bpm.**

(1 measure of my highest level of fitness)

Date Achieved: 2015

W5: 109.3/66.1 P=77.6 – 17 samples. Avg. 110.1/70.1 P=82.3 bpm – 320 samples

Index Number: PR-237

Record Name: **Highest Blood Pressure & Pulse – Day to Day Average**

Personal Record: **115/72 and a pulse of 75 bpm.**

(1 measure of my lowest level of fitness)

Date Achieved: 2010

W5: 115.0/71.9 P=74.6 – 14 samples. Avg. 110.1/70.1 P=82.3 bpm – 320 samples

Index Number: PR-238

Record Name: **Lowest Blood Pressure by sum of Diastolic & Systolic - Incidental**

Personal Record: **90/60 (sum of 150)**

Date Achieved: 2022.09.21

W5: Average sum of diastolic and systolic is 180. - 320 samples. And this blood pressure was measured at a doctor's office.

Index Number: PR-239

Record Name: **Highest Blood Pressure by sum of Diastolic & Systolic – Incidental**

Personal Record: **131/80 (sum of 211) and a pulse of 78 bpm.**

Date Achieved: 2009.10.20

W5: A singular blood pressure reading yielded 131/80 (a sum of 211)

Average sum of diastolic and systolic is 180 - 320 samples.

Index Number: PR-240

Record Name: **Highest Systolic measured in a Blood Pressure Reading - Incidental**

Personal Record: **Systolic of 131 (131/80) P=78**

Date Achieved: 2009.10.20

W5: 2009 10 20 – 131/80 blood pressure was measured, with a pulse of 78 bpm. Both the highest diastolic and highest systolic were coincidentally measured within a single measurement. Average systolic 110.1. 320 samples.

Index Number: PR-241

Record Name: **Lowest Systolic measured in a Blood Pressure Reading - Incidental**

Personal Record: **Systolic of 90 (90/60)**

Date Achieved: 2022.09.21

W5: Average systolic 110.1.

320 samples.

Index Number: PR-242

Record Name: **Highest Diastolic measured in a Blood Pressure Reading - Incidental**

Personal Record: **Diastolic of 89 (131/89) P=72**

Date Achieved: 2010.05.02

W5: Average diastolic 70.1.

320 samples.

Index Number: PR-243

Record Name: **Lowest Diastolic measured in a Blood Pressure Reading - Incidental**

Personal Record: **Diastolic of 51 (100/51) P=67**

Date Achieved: 2015.04.21

W5: 2015.04.21 - 100/51 blood pressure measured. Pulse was 67 bpm.

W5: Average diastolic 70.1.

320 samples.

Index Number: PR-244

Record Name: **Highest Difference between Diastolic & Systolic in a Blood Pressure reading.**

Personal Record: **115/52 P=63 (difference of 63)**

Date Achieved: 2010.04.27

W5: Average Difference 40.

320 samples.

Index Number: PR-245

Record Name: **Lowest Difference between Diastolic & Systolic in a Blood Pressure reading.**

Personal Record: **105/89 P=72 (difference of 16)**

Date Achieved: 2010.05.02

W5: Average difference 40.

320 samples.

Index Number: PR-246

Record Name: **Lowest Pulse Recorded (At Rest)**

Personal Record: **60 beats/minute.**

Date Achieved: 2004.03.01

Index Number: PR-247

Record Name: **Highest Pulse Recorded (At Rest)**

Personal Record: **89 beats/minute.**

Date Achieved: 2005.07.21

Index Number: PR-248

Record Name: **Highest Pulse Ever Recorded – Forced by Environment**

Personal Record: **188 beats/minute**

(5 bpm higher than my theoretical max of 183 bpm)

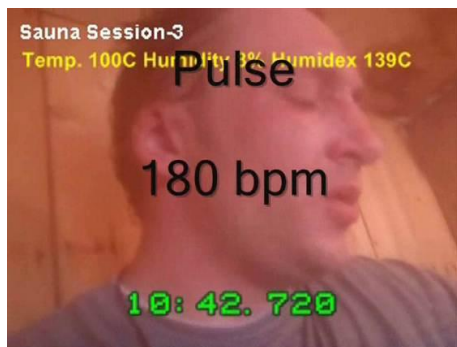
Date Achieved: 2009.07.15

W5: This occurred during a second sauna session which lasted 7:39.20 minutes, in which the sauna registered, 87 C, 8 % humidity and a Humidex of 109 C. The Pulse stats were as follows;

Minimum – 110 bpm, Average – 157 bpm, and a Maximum of 188 bpm.

The First sauna session prior lasted 13:28.82 minutes, registered 85 C, 11 % humidity and a Humidex of 114 C.

YouTube Link: <http://youtu.be/6xI0s-z5Xvc>



Index number: PR-249 RS-103

Record Name: **Highest Pulse Recorded during Exercise**

Personal Record: **191 beats/minute**

Date Achieved: 2015.11.07

W5: During a 1 hour, 4.71 mile run on a treadmill at the age of 41 years, 11 months, and 1 day my heart rate peaked at 191 bpm.

Based on the famous formulae of 220-age my theoretical maximum heart rate should have been 178 bpm. I exceeded this limit by 13 bpm.

The average pulse measured during the 1 hour run was 177 bpm (175.4 bpm by ios app, 'Heart Graph'). During the 1 hour run I burned 1,012 Calories, and my SPO2 dropped from 98% to 91%. I spent 46:06 minutes within 90% to 100% of my maximum heart rate, 12:49 minutes within 80% to 90% of my maximum heart rate, and 1:06 minutes within 70% to 80% of my maximum heart rate.

***The highest heart rate I ever reached on an exercise bike was 189 bpm. I rode the bike for 1 hour, 8.457 miles with an average pulse of 170 bpm burning 1,046 calories. My SPO2 dropped from 99% to 94%.

YouTube Link: <https://youtu.be/efwpTotEKPQ>

RecordSetter Link: <https://recordsetter.com/world-record/highest-average-heart-rate-as-result-an-hour-exercise/44566?autoplay=false>



Index Number: PR-250 RS-104

Record Name: **Highest Average Pulse Recorded During 1 Hour of Exercise**

Personal Record: **177 beats/minute (92.6% of maximum heart rate)**

Date Achieved: 2015.11.07

W5: During a 1 hour, 4.71 mile run on my treadmill I had an average heart rate of 177 bpm (175.4 bpm ios app, 'Heart Graph'). 177 bpm is 92.6% of my maximum heart rate of 191 bpm.

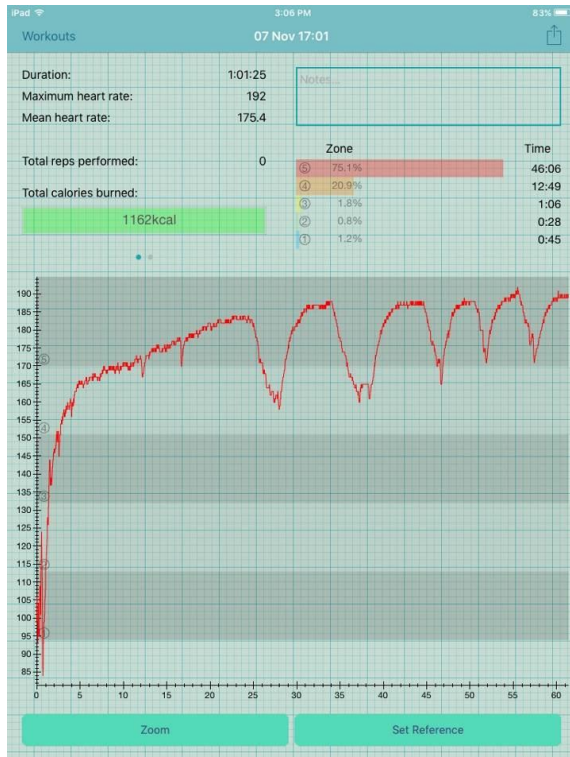
My maximum heart rate was 191 bpm. I burned 1,012 Calories. And my SPO2 dropped from 98% to 91%.

I spent 46:06 minutes within 90% to 100% of my maximum heart rate, 12:49 minutes within 80% to 90% of my maximum heart rate, and 1:06 minutes within 70% to 80% of my maximum heart rate.

***The highest average heart rate for riding my exercise bike for 1 hour (8.457 miles) was 170 bpm. I reached a maximum of 189 bpm. I burned 1,046 calories, and my SPO2 dropped from 99% to 94%.

YouTube Link: <https://youtu.be/efwpTotEKPQ>

RecordSetter Link: <https://recordsetter.com/world-record/highest-average-heart-rate-as-result-an-hour-exercise/44566?autoplay=false>



Index Number: PR-251

Record Name: **Highest Average Pulse Recorded During 30 Minutes of Exercise**

Personal Record: **174.3 beats/minute (91.2% of maximum heart rate)**

Date Achieved: 2015.02.05

W5: During 35 minutes, 18 seconds, 2.91 mile run on my treadmill I had an average heart rate of 174.3 bpm. My maximum heart rate was 186 bpm, and my minimum heart rate was 161 bpm. I burned 662 Calories and my SPO2 dropped from 99% to 90%.

Index Number: PR-252

Record Name: **Lowest SPO2 as a result of Exercise**

Personal Record: **SPO2 of 99% dropping to SPO2 of 90%**

Date Achieved: 2015.02.05

W5: During a 35 minute, 18 second, 2.91 mile run on my treadmill my SPO2 dropped from 99% to 90%. I had an average heart rate of 174.3 bpm (91.2% of my maximum heart rate), and a maximum heart rate of 186 bpm. My minimum heart rate was 161 bpm, and I burned 662 Calories.

Index Name: PR-253

Record Name: **Lowest SPO2 as a result of Static Apnea (Breath Holding)**

Personal Record: **SPO2 of 99% dropping to SPO2 of 69%**

Date Achieved: 2015.02.05

W5: The following occurred during a 3 minute, 11 second breath hold with an average pulse of 75 bpm, and a lowest pulse of 59 bpm. My blood pressure was 101/59 P=59. And my SPO2 dropped from 99% to a SPO2 within the range of 72% - 69%.

Index Number: PR-254

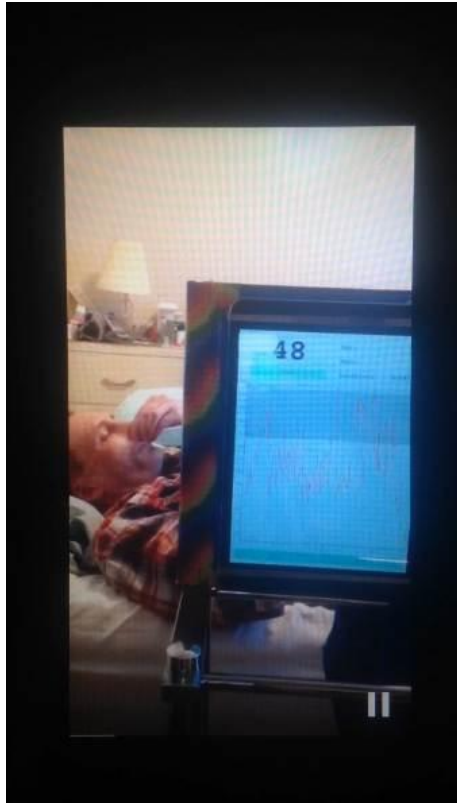
Record Name: **Lowest Pulse Recorded during Static Apnea.**

Personal Record: **48 beats/minute**

Date Achieved: 2015.05.16

W5: ***The un-official record is 41 bpm during a Breath Hold attempt in Montreal, Canada at my Cousin Carrie's apartment swimming pool.

YouTube Link: <https://youtu.be/FOYUtXZGGFc>



Index Number: PR-255

Record Name: **Most Calories Burned in 1 Hour**

Personal Record: **1,192 Calories**

Date Achieved: 2010.09.04

W5: Pushing a FX-100 Truck (5,109 lb including passengers) for 1 hour (58:40 minutes) 1 mile, I burnt 1,192 calories, and had a minimum heart rate of 118 bpm. My average heart-rate was 166 bpm (90 % of my max hr), and my maximum heart-rate was 177 bpm (96 % of my max hr). My final recovery was 14 bpm/min (173 bpm to 159 bpm).

RecordSetter Link: <http://recordsetter.com/world-record/push-5109-pound-truck-mile/6942#contentsection>

YouTube Link: <http://youtu.be/ZSZYr0vZyoE>

Index Number: PR-256

Record Name: **Fastest Recovery Pulse Time – Forced by environment.**

Personal Record: **69 beats/minute drop within 1 minute**

Date Achieved: 2010.10.19

W5: After 15 minutes 1.52 seconds in The Jasper Place Steam Room, I jumped into the pool. Greater records may have existed but unfortunately the technology to make such measurements was not available to me at the time.

My recovery was 170 bpm down to 101 bpm for a total of 69 bpm/minute. My average heart-rate was 138 bpm, minimum of 98 bpm, and alas a maximum of 172 bpm.

Consequently I was in the aerobic zone (70-80% of max heart rate) for 6 minutes, 6 seconds, I burned 221 calories.

Index Number: PR-257

Record Name: **Fastest Recovery Pulse Time during Exercise – May not be a Personal Record.**

Personal Record: **51 beats/minute drop within 1 minute**

Date Achieved: 2009.09.08

W5: This recovery occurred during an 8 minute/mile (7.5 mph) pulse benchmark. My pulse dropped from 174 bpm to 123 bpm. However since this technology wasn't available to me before, this may not be a true personal record.

Index Number: PR-258

Record Name: **Highest Diastolic & Systolic independently measured as a result from Exercising.**

Personal Record: **Systolic of 157 (157/80), Diastolic of 93 (147/93)**

Date Achieved: 2009.10.15 & 2009.10.20

W5: 2009.10.15 – 157/80 pulse 116 bpm (After 5:00 minutes on Treadmill). 2009.10.20 – 147/93 pulse 142 bpm (After 15:00 minutes on Treadmill). The highest blood pressure as a result of exercise by sum is 147/93 (147+93=240)

Index Number: PR-259

Record Name: **Maximum Pulse Recorded during Working at a Job – May not be a Personal Record.**

Personal Record: **163 beats/minute (89 % of MHR)**

Date Achieved: 2009.04.30

W5: Working for my father, moving appliances while wearing a pair of 5lb ankle weights (10 lbs collectively) I reached a maximum heart-rate of 163 bpm. During that 8 hour work day, I maintained an avg pulse of 122 bpm and burned off 5,696 Calories.

Index Number: PR-260

Record Name: **Maximum Pulse Recorded by Anxiety.**

Personal Record: **120 beats/minute**

Date Achieved: 2021.11.03

W5: During the trip to New York City during the Covid-19 Pandemic. I wore my N95 mask, a Triomed mask for 12 hours straight (including the time on the plane) with no breaks. Than upon arrival we learned that WestJet Vacations had failed to pay the hotel for our reservations meaning my wife had to pay twice for the hotel reservations. The day was so stressful my average heart Rate was 99 BPM when my typical average heart rate is 81.1 BPM.

Index Number: PR-261

Record Name: **Maximum Pulse from a Panic Attack**

Personal Record: **120 bpm to 155 BPM (about +40 bpm to +55 bpm)**

Date Achieved: 2022.08.30

W5: A series of panic attacks that lasted 4:26 hours from 6:20pm to 10:46pm resulted in a range of 120 bpm to 155 bpm (120 bpm sitting, 155 bpm walking). My normal pulse sitting is about 80 bpm therefore +40 bpm, my normal pulse walking is about 100 bpm - 110 bpm therefore +45 bpm - +55 bpm)

Index Number: PR-262

Record Name: **Longest Series of Repeated Panic Attacks**

Personal Record: **10 Hours**

Date Achieved: 2022 08 31

W5: I experienced a series of panic attacks for 10 hours from 1:20 pm to 11:20pm. My pulse during this time ranged from 90 bpm to 142 bpm.

Index Number: PR-263

Record Name: **Highest Heart Rate while Playing Chess (Stress)**

Personal Record: **123 BPM (sitting down)**

Date Achieved: 2023.05.16

W5: In a chess game between my friend John Paradowski and I (a game I won) my heart rate rose to 123 bpm at 9:45pm from the stress of possibly losing.

Index Number: PR-264

Record Name: **Maximum Pulse Recorded during a Public Performance**

Personal Record: **150 beats/minute (81.9 % of MHR)**

Date Achieved: 2009.05.22

W5: This maximum pulse was recorded during an un-announced break dancing performance at West Edmonton mall I did as Zire, wearing the Zire mask made it most difficult to breathe for any long period of time. (All for obtaining views for a YouTube Video).

Index Number: PR-265 RS-105

Record Name: **Maximum Pulse Recorded before the Dentist.**

Personal Record: **123 BPM (65.5 % of MHR)**

Date Achieved: 2011.06.08

W5: There are few things which make me more paranoid then being at the dentist, while the dentist used a needle – my pulse jumped up to 123 bpm.

On RecordSetter.com this record is aptly named, "Highest Pulse Jump Resulting From A Phobia." The record is recorded at a jump of 30 bpm.

RecordSetter Link: <http://recordsetter.com/world-record/highest-pulse-jump-resulting-from-phobia/7857#contentsection>

Index Name: PR-266

Record Name: **Maximum Pulse Recorded by Fear (Fear of Heights)**

Personal Record: **135 BPM (70% of MHR)**

Date Achieved: 2017.08.11

W5: Going up the Banff Gondola en route to Sulphur Mountain my Heart rate reached 130 beats per minute. Fear of Heights is one of my greatest fears. For reference my average heart rate at the time was 79.5 BPM – that's a difference of 55.5 BPM.

Index Number: PR-267

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-268

Record Name: **Longest Sleep Documented**

Personal Record: **18:15:00 hours**

Date Achieved: 2000.07.21

Index Number: PR-269

Record Name: **Longest Period of No Food or Water.**

Personal Record: **22:00:00 hours**

Date Achieved: 1994.01.23

Index Number: PR-270

Record Name: **Highest G Force experienced**

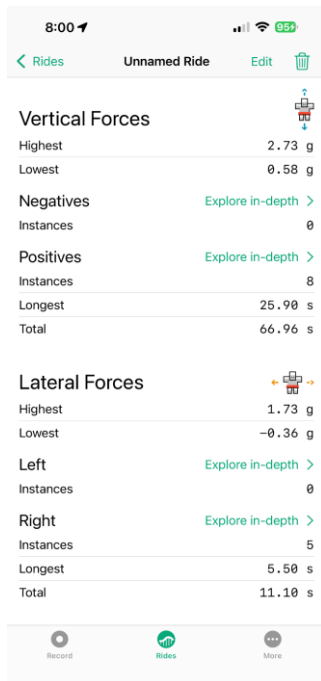
Personal Record: **2.73 G's**

Weight effect on my body – (2.73 X 155 lbs) 423.15 lbs

Date Achieved: 2025.07.06

W5: Edmonton, Alberta on the ride, "Star Ship 3,000".

(The Star Ship 3,000 is a graviton ride, 36 feet in diameter and spins at a top speed of 24 rotations per minute (30.8 mph) exerting positive centrifugal g-forces on its passengers.)



Index Number: PR-271

Record Name: **Loudest Environment Measured (Apple Watch)**

Personal Record: **93 Decibels**

Date Achieved: 2024.12.31

W5: My Apple watch registered 93 decibels when everyone shouted, Happy New year during a New Years sober dance.



Index Number: PR-272

Record Name: **Longest Time Awake**

Personal Record: **25.5 hours**

Date Achieved: 2008.05.10

W5: Un-officially my record is 72 hours set back in 1989 or 1990; unfortunately too much documentation is lacking to confirm this record.

Index Number: PR-273

Record Name: **Largest Gallstone**

Personal Record: **1.3 cm**

Date Achieved: 2022.08.09

W5: During a Cholecystectomy the found a gall stone 1.3 com in length.

Index Number: PR-274

Record Name: **1st Hospital Surgery & Longest Hospital Stay**

Personal Record: **Cholecystectomy – 25 Hours in Hospital**

Date Achieved: 2022.08.09

W5: I was in the hospital (Emergency) from 2022.08.09 9:00am to 2022.08.10 10:00am.

Index Number: PR-275

Record Name: **Worst Athletic Injury (Arms)**

Personal Record: **Mild lateral epicondylitis (Tennis Elbow) in Right Elbow**

Date Achieved: 2024.07.23

W5:

The injury occurred on 2024 07 23 when I did 7 push-ups with 25 lbs on my back and felt a strange popping sensation in my right elbow.

Diagnosed 2024 09 13

Right elbow ultrasound

Findings:

COMMON EXTENSOR TENDON: Trace hyperemia. Intact, with no tear or tendonosis in keeping with mild lateral epicondylitis.

COMMON FLEXOR TENDON: Normal. Intact, with no tear or tendonosis, enthesophyte at the insertion.

ANTERIOR JOINT RECESS: Normal. No significant fluid.

OLECRANON BURSA: Normal. No fluid or thickening. No evidence of bursitis.

BICEPS TENDON INSERTION: Normal. Intact, with no tear or tendinopathy.

TRICEPS TENDON INSERTION: Normal. Intact, with no tear or tendinopathy.

ULNAR NERVE: Normal cross-sectional diameter. No evidence of cubital tunnel syndrome.

OTHER: None.

Impression:

Mild lateral epicondylitis.

Diagnosed 2026 01 28

ELBOW ULTRASOUND - UNILATERAL - RIGHT - PRELIMINARY REPORT

Indication:

Right elbow pain and possible tendinitis.

Findings:

A targeted study was performed of the right elbow given the clinical history.

The proximal common extensor tendon is mildly heterogeneous. There is a discrete 6 x 3 mm Ekko poor lesion associated with the undersurface. There is mild peripheral increased vascularity by Doppler. No other significant finding.

Impression:

There is mild right common extensor tendinitis at its origin with likely a tiny undersurface tear arising close to the enthesis. These findings are quite similar to a prior examination from July 2025.

Index Number: PR-276

Record Name: **Worst Athletic Injury (Legs)**

Personal Record: **prepatellar bursitis (left Knee) and subtle enthesopathy**

Date Achieved: 2026.01.13

W5: This occurred upon waking up the next day after my walk on 2026 01 14, I noticed my knee felt sore upon waking up.

Diagnosed 2026 01 28

KNEE ULTRASOUND - UNILATERAL - LEFT

Indication:

Left knee pain.

Findings:

Quadriceps and patellar tendons normal in thickness and echogenicity. There is a small amount of fluid within the prepatellar bursa distended 2 mm in AP dimension. There is a

trace of fluid within the knee joint likely physiologic.

In the posterior knee there is no Baker's cyst or other abnormality in the popliteal fossa.

Flexor tendons grossly normal in thickness and echogenicity with normal distal IT band attachment.

Medial and lateral collateral ligaments are also unremarkable with no peripheral meniscal abnormality.

And

Findings:

Bony irregularity at the ischial tuberosity suggesting subtle enthesopathy. The proximal hamstring, sciatic nerve, piriformis and gluteus maximus are unremarkable.

Impression:

No significant abnormality seen posteriorly

Medications

Index Number: PR-277

Record Name: **Worst Reaction to a Psychiatric Medication**

Personal Record: **Effexor – 47 instances of rapid heart rate and palpitations**

Date Achieved: 2025.02.06 to 2025.03.17

W5: I suffered from 47 instances of rapid heart rate and palpitation from taking Effexor from 2025 02 06 to 2025 03 17. During those 39 days I ended up taking 28 Ativan (anti-anxiety medication). The worst was the 25-day period from 2025 02 17 to 2025 03 14 where I took 24 Ativan.

The Effexor has such a profound effect on me I switched from 4mg nicotine lozenges to 2mg nicotine lozenges and had to drink only decaffeinated coffee during that time. By comparison my average Ativan use is an Ativan every 3.5 days.

Index Number: PR-278

Record Name: **Most Ativan (Anti-anxiety medication) taken in 1 Year**

Personal Record: **104**

Date Achieved: 2025.02.01 to 2026.01.31

W5: This works out to an Ativan every 3.5 days.

Index Number: PR-279

Record Name: **Most Ativan (Anti-anxiety medication) taken in 1 Calendar Month**

Personal Record: **22**

Date Achieved: 2026.01.01 to 2026.01.31

W5: During the calendar month of January 2026 I took 22 Ativan which works out to an Ativan every 1.4 days.

Index Number: PR-280

Record Name: **Most Ativan (Anti-anxiety medication) taken in 1 Week**

Personal Record: **7**

Date Achieved: 2026.01.19 to 2026.01.25

W5: During those 7 days I took 7 Ativan, 2 of those days I took 2 Ativan in the same day. The record for most consecutive days of taking Ativan is 5 from 2025 02 20 to 2025 02 24.

Index Number: PR-281

Record Name: **Most Ativan (Anti-anxiety medication) taken in 24 hours**

Personal Record: **3**

Date Achieved: 2025.02.26

W5:

Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 12 – Lab Records

CBC and Differential

Index Name: PR-282

Record Name: **Lowest Auto WBC**

Personal Record: **Auto WBC – 3.7 10⁹/L** (-0.3 of reference range)

Date Achieved: 2025 11 21

W5: Average – 6.01 10⁹/L

Reference Range (Units) 4.0-11.0 (10⁹/L)

14 samples

Index Name: PR-283

Record Name: **Highest Auto WBC**

Personal Record: **Auto WBC – 13.6 10⁹/L** (+2.6 of reference range)

Date Achieved: 2022 08 09

W5: Average – 6.01 10⁹/L

Reference Range (Units) 4.0-11.0 (10⁹/L)

14 samples

Index Number: PR-284

Record Name: **Lowest RBC**

Personal Record: **RBC - 4.54 10*12/L**

Date Achieved: 2021 12 02

W5: Average – 4.95 10*12/L

Reference Range (Units) 4.30-6.00 (10*12/L)

14 samples

Index Number: PR-285

Record Name: **Highest RBC**

Personal Record: **RBC – 5.39 10*12/L**

Date Achieved: 2025 03 14

W5: Average – 4.95 10*12/L

Reference Range (Units) 4.30-6.00 (10*12/L)

14 samples

Index Number: PR-286

Record Name: **Lowest Hemoglobin**

Personal Record: **Hemoglobin – 122 g/L** (-13 of reference range)

Date Achieved: 2024 09 13

W5: Average – 141.42 g/L

Reference Range (Units) 135-175 g/L

14 samples

Index Name: PR-287

Record Name: **Highest Hemoglobin**

Personal Record: **Hemoglobin – 152 g/L**

Date Achieved: 2025 10 06

W5: Average – 141.42 g/L

Reference Range (Units) 135-175 g/L

14 samples

Index Number: PR-288

Record Name: **Lowest Hematocrit**

Personal Record: **Hematocrit – 0.36 L/L** (-0.04 of reference range)

Date Achieved: 2024 09 13

W5: Average – 0.4092 L/L

Reference Range (Units) 0.40-0.52 (L/L)

Abnormality – Below normal range

14 samples

Index Number: PR-289

Record Name: **Highest Hematocrit**

Personal Record: **Hematocrit – 0.45 L/L**

Date Achieved: 2025 03 14

Average – 0.4092 L/L

Reference Range (Units) 0.40-0.52 (L/L)

14 samples

Index Number: PR-290

Record Name: **Lowest MCV**

Personal Record: **MCV – 74 fL** (-6 of reference range)

Date Achieved: 2024 09 13

Average – 82.21 fL

W5: Reference Range (Units) 80-100 (fL)

14 samples

Index Number: PR-291

Record Name: **Highest MCV**

Personal Record: **MCV – 85 fL**

Date Achieved: 2021 12 02

W5: Average – 82.21 fL

Reference Range (Units) 80-100 (fL)

14 samples

Index Name: PR-292

Record Name: **Lowest MCHC**

Personal Record: **MCHC – 333 g/L**

Date Achieved: 2025 03 25

W5: Average – 347.64 g/L

Reference Range (Units) 310-360 (g/L)

14 samples

Index Name: PR-293

Record Name: **Highest MCHC**

Personal Record: **MCHC – 357 g/L**

Date Achieved: 2021 12 02

W5: Average – 347.64 g/L

Reference Range (Units) 310-360 (g/L)

14 samples

Index Name: PR-294

Record Name: **Lowest RDW**

Personal Record: **RDW – 12.5 %**

Date Achieved: 2022 04 14

W5: Average – 14.35%

Reference Range <16.0 (%)

14 samples

Index Name: PR-295

Record Name: **Highest RDW**

Personal Record: **RDW – 16.8 %** (+0.8 of reference range)

Date Achieved: 2025 03 14

W5: Average – 14.35 %

Reference Range <16.0 (%)

14 samples

Index Number: PR-296

Record Name: **Lowest Platelets**

Personal Record: **Platelets – 184 10⁹/L**

Date Achieved: 2024 12 17

W5: Average – 215 10⁹/L

Reference Range (Units) 140-400 (10⁹/L)

14 samples

Index Number: PR-297

Record Name: **Highest Platelets**

Personal Record: **Platelets – 246 10⁹/L**

Date Achieved: 2025 06 25

W5: Average – 215 10⁹/L

Reference Range (Units) 140-400 (10⁹/L)

14 samples

Index Name: PR-298

Record Name: **Lowest Neutrophil Absolute**

Personal Record: **Neutrophil Absolute – 2.4 10⁹/L**

Date Achieved: 2025 11 21

W5: Average – 4.5 10⁹/L

Reference Range (Units) 1.8-7.5 (10⁹/L)

12 samples

Index Name: PR-299

Record Name: **Highest Neutrophil Absolute**

Personal Record: **Neutrophil Absolute – 12.5 10⁹/L (+5 of reference range)**

Date Achieved: 2022 08 09

W5: Average – 4.5 10⁹/L

Reference Range (Units) 1.8-7.5 (10⁹/L)

Abnormality Above Normal Range

12 samples

Index Name: PR-300

Record Name: **Lowest Lymphocytes Absolute**

Personal Record: **Lymphocytes Absolute – 0.6 10⁹/L**

Date Achieved: 2022 08 09

W5: Average – 1.24 10⁹/L

Reference Range (Units) 0.5-4.5 (10⁹/L)

12 samples

Index Name: PR-301

Record Name: **Highest Lymphocytes Absolute**

Personal Record: **Lymphocytes Absolute – 1.6 10⁹/L**

Date Achieved: 2025 03 14

W5: Average – 1.24 10⁹/L

Reference Range (Units) 0.5-4.5 (10⁹/L)

12 samples

Index Number: PR-302

Record Name: **Lowest Monocytes Absolute**

Personal Record: **Monocytes Absolute – 0.2 10⁹/L**

Date Achieved: 2023 04 25

W5: Average – 0.33 10⁹/L

Reference Range (Units) 0.0-1.1 (10⁹/L)

12 samples

Index Number: PR-303

Record Name: **Highest Monocytes Absolute**

Personal Record: **Monocytes Absolute – 0.7 10⁹/L**

Date Achieved: 2022 04 14

W5: Average – 0.33 10⁹/L

Reference Range (Units) 0.0-1.1 (10⁹/L)

12 samples

Index Number: PR-304

Record name: **Lowest Eosinophils Absolute**

Personal Record: **Eosinophils Absolute – 0.0 10⁹/L**

Date Achieved: 2021 12 02

W5: Average – 0.058 10⁹/L

Reference Range (Units) 0.0-0.7 (10⁹/L)

12 samples

Index Number: PR-305

Record Name: **Highest Eosinophils Absolute**

Personal Record: **Eosinophils Absolute – 0.1 10⁹/L**

Date Achieved: 2024 09 13

W5: Average – 0.058 10⁹/L

Reference Range (Units) 0.0-0.7 (10⁹/L)

12 samples

Index Number: PR-306

Record Name: **Lowest Basophils Absolute**

Personal Record: **Basophils Absolute - 0.0 10⁹/L**

Date Achieved: 2021 12 02

W5: Average – 0.0083 10⁹/L

Reference Range (Units) 0.0-0.3 (10⁹/L)

12 samples

Index Number: PR-307

Record Name: **Highest Basophils Absolute**

Personal Record: **Basophils Absolute - 0.1 10⁹/L**

Date Achieved: 2025 03 14

W5: Average – 0.0083 10⁹/L

Reference Range (Units) 0.0-0.3 (10⁹/L)

12 samples

Index Number: PR-308

Record Name: **Lowest nRBC**

Personal Record: **<1/100 WBCs**

Date Achieved: 2021 12 02

W5: Reference Range (Units): <1(/100 WBCs)

11 samples

Thyroid Stimulating Hormone

Index Number: PR-309

Record Name: **Highest Thyroid Stimulating Hormone (TSH), Progressive**

Personal Record: **5.79 mIU/L**

Date Achieved: 2025 03 14

W5: Average - 2.76 mIU/L

Reference Range (Units): 0.20-6.50 (mIU/L)

10 samples

Index Number: 310

Record Name: **Lowest Thyroid Stimulating Hormone (TSH), Progressive**

Personal Record: **1.34 mIU/L**

Date Achieved: 2025 03 25

W5: Average - 2.76 mIU/L

Reference Range (Units): 0.20-6.50 (mIU/L)

10 samples

Lipid Panel

Index Number: PR-311

Record Name: **Lowest Triglycerides**

Personal Record: **Triglycerides – 1.37 mmol/L**

Date Achieved: 2025 07 30

W5: Average - 2.58 mmol/L

Reference Range (Units) 0.00-1.70 (mmol/L)

13 samples

Index Number: PR-312

Record Name: **Highest Triglycerides**

Personal Record: **Triglycerides – 5.89 mmol/L** (+419 of reference range)

Date Achieved: 2014 06 17

W5: Average - 2.58 mmol/L

Reference Range (Units) 0.00-1.70 (mmol/L)

Abnormality Above high normal range

13 samples

Index Number: PR-313

Record Name: **Lowest Cholesterol, Total**

Personal Record: **Cholesterol, Total – 3.82 mmol/L**

Date Achieved: 2026 01 31

W5: Average – 4.18 mmol/L

Reference Range (Units) <5.20 (mmol/L)

12 samples

Index Number: PR-314

Record Name: **Highest Cholesterol, Total**

Personal Record: **Cholesterol, Total – 4.77 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 4.18 mmol/L

Reference Range (Units) <5.20 (mmol/L)

12 samples

Index Number: PR-315

Record Name: **Lowest HDL Cholesterol**

Personal Record: **HDL Cholesterol – 0.71 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 0.875 mmol/L

Reference Range (Units) >=1.00 (mmol/L)

12 samples

Index Number: PR-316

Record Name: **Highest HDL Cholesterol**

Personal Record: **HDL Cholesterol – 0.98 mmol**

Date Achieved: 2025 12 20

W5: Average – 0.875 mmol/L

Reference Range (Units) ≥ 1.00 (mmol/L)

12 samples

Index Number: PR-317

Record Name: **Lowest Low Density Lipoprotein Cholesterol (Calculated)**

Personal Record: **Low Density Lipoprotein Cholesterol (Calculated) – 1.66 mmol/L** (48.8% of reference range)

Date Achieved: 2023 04 25

W5: Average – 2.35 mmol/L

Reference Range (Units): 0.00 – 3.40 (mmol/L)

12 samples

Index Number: PR-318

Record Name: **Highest Low Density Lipoprotein Cholesterol (Calculated)**

Personal Record: **Low Density Lipoprotein Cholesterol (Calculated) – 2.74 mmol/L** (66.4% of reference range)

Date Achieved: 2024 12 17

W5: Average – 2.35 mmol/L

Reference Range (Units): 0.00 – 3.40 (mmol/L)

12 samples

Index Number: PR-319

Record Name: **Lowest Non High Density Lipoprotein Cholesterol**

Personal Record: **Non High Density Lipoprotein Cholesterol – 2.92 mmol/L**

Date Achieved: 2025 03 25

W5: Average: 3.306 mmol/L

Reference Range (Units): 0.00 – 4.20 (mmol/L)

2023 04 25 1:34pm

12 samples

Index Number: PR-320

Record Name: **Highest Non High Density Lipoprotein Cholesterol**

Personal Record: **Non High Density Lipoprotein Cholesterol – 4.06 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 3.306 mmol/L

Reference Range (Units): 0.00 – 4.20 (mmol/L)

12 samples

Hemoglobin A1c

Index Number: PR-321

Record Name: **Highest Hemoglobin A1c**

Personal Record: **5.5 %**

Date Achieved: 2024 09 13

W5: Average – 5.18

Reference Range (Units): 4.3-5.9 %

8 samples

Index Number: 322

Record Name: **Lowest Hemoglobin A1c**

Personal Record: **4.8 %**

Date Achieved: 2025 07 30

W5: Average – 5.18

Reference Range (Units): 4.3-5.9 %

8 samples

Prostate Specific Antigen (PSA)

Index Number: PR-323

Record Name: **Lowest Prostate Specific Antigen (PSA)**

Personal Record: **Prostate Specific Antigen (PSA) – 0.70 ug/L**

Date Achieved: 2023 04 25

W5: Average – 0.91 ug/L

Reference Range (Units): <2.6 (ug/L)

6 samples

Index Number: PR-324

Record Name: **Highest Prostate Specific Antigen (PSA)**

Personal Record: **Prostate Specific Antigen (PSA) – 1.1 ug/L**

Date Achieved: 2025 06 25

W5: Average – 0.91

Reference Range (Units): 0.00 – 2.50 (ug/L)

6 samples

Creatine

Index Number: PR-325

Record Name: **Lowest Creatinine**

Personal Record: **Creatine – 96 umol/L**

Date Achieved: 2022 04 14

W5: Average – 102.7 umol/L

Reference Range (Units) 50-120 (umol/L)

13 samples

Index Number: PR-326

Record Name: **Highest Creatinine**

Personal Record: **Creatine – 109 umol/L**

Date Achieved: 2023 04 25

W5: Average – 102.7 umol/L

Reference Range (Units): 50-120 (umol)

13 samples

Index Number: PR-327

Record Name: **Lowest eGFR**

Personal Record: **eGFR – 68 mL/min/1.73m2**

Date Achieved: 2023 04 25

W5: Average – 73.30 (mL/min/1.73m2)

Reference Range (Units): >59 (mL/min/1.73m2)

13 samples

Index Number: PR-328

Record Name: **Highest eGFR**

Personal Record: **eGFR – 80 mL/min/1.73m²**

Date Achieved: 2022 04 14

W5: Average – 73.30 (mL/min/1.73m²)

Reference Range (Units): >59(mL/min/1.73m²)

13 samples

Alanine Aminotransferase (ALT)

Index Number: PR-329

Record Name: **Lowest Alanine Aminotransferase (ALT)**

Personal Record: **Alanine Aminotransferase (ALT) – 12 U/L**

Date Achieved: 2025 10 06

W5: Average – 17.3 U/L

Reference Range (Units): <60 (U/L)

11 samples

Index Number: PR-330

Record Name: **Highest Alanine Aminotransferase (ALT)**

Personal Record: **Alanine Aminotransferase (ALT) – 24 U/L**

Date Achieved: 2025 07 30

W5: Average – 17.3 U/L

Reference Range (Units): <60 (U/L)

11 samples

Lipase

Index Number: PR-331

Record Name: **Lowest Lipase**

Personal Record: **Lipase – 7 U/L**

Date Achieved: 2022 04 14

W5: Average – 12.5 U/L

Reference Range (Units): 0-60 (U/L)

2 samples

Index Number: PR-332

Record Name: **Highest Lipase**

Personal Record: **Lipase – 18 U/L**

Date Achieved: 2022 08 09

W5: Average – 12.5 U/L

Reference Range (Units): 0-60 (U/L)

2 samples

Bilirubin, Total

Index Number: PR-333

Record Name: **Lowest Bilirubin, Total**

Personal Record: **Bilirubin, Total – 8 umol/L**

Date Achieved: 2022 08 09

W5: Average – 11.6 umol/L

Reference Range (Units): <20 (umol/L)

3 samples

Index Number: PR-334

Record Name: **Highest Bilirubin, Total**

Personal Record: **Bilirubin, Total – 19 umol/L**

Date Achieved: 2022 04 14

W5: Average – 11.6 umol/L

Reference Range (Units): <20 (umol/L)

3 samples

Glucose Random

Index Number: PR-335

Record Name: **Lowest Glucose Random**

Personal Record: **4.8 mmol/L**

Date Achieved: 2025 03 14

W5: Average – 5.7 mmol/L

Reference Range (Units): 3.3-11.0 (mmol/L)

6 samples

Index Number: 336

Record Name: **Highest Glucose Random**

Personal Record: **6.8 mmol/L**

Date Achieved: 2022 04 14

W5: Average – 5.7 mmol/L

Reference Range (Units): 3.3-11.0 (mmol/L)

6 samples

C-Reactive Protein (CRP)

Index Number: PR-337

Record Name: **Lowest C-Reactive Protein (CRP)**

Personal Record: **C-Reactive Protein (CRP) - <0.5 mg/L**

Date Achieved: 2021 12 02

W5: Average –8.4 mg/L

Reference Range (Units): <8.0 (mg/L)

3 samples

Index Number: PR-338

Record Name: **Highest C-Reactive Protein (CRP)**

Personal Record: **C-Reactive Protein (CRP) – 24.2 mg/L (+16.2 of reference range)**

Date Achieved: 2022 04 14

W5: Average – 8.4 mg/L

Reference Range (Units): <8.0 (mg/L)

3 samples

Alkaline Phosphate (ALP)

Index Number: PR-339

Record Name: **Lowest Alkaline Phosphate (ALP)**

Personal Record: **Alkaline Phosphate (ALP) - 85 U/L**

Date Achieved: 2022 04 14

W5: Average – 94.11 U/L

Reference Range (Units): 40-120 (U/L)

9 samples

Index Number: PR-340

Record Name: **Highest Alkaline Phosphate (ALP)**

Personal Record: **Alkaline Phosphate (ALP) – 104 U/L**

Date Achieved: 2024 09 13

W5: Average – 94.11 U/L

Reference Range (Units): 40-120 (U/L)

9 samples

Electrolyte Panel (Na, K, Cl, CO2, Anion Gap)

Index Number: PR-341

Record Name: **Lowest Sodium**

Personal Record: **Sodium – 135 mmol/L**

Date Achieved: 2022 08 09

W5: Average – 140 mmol/L

Reference Range (Units): 135-145 (mmol/L)

8 samples

Index Number: PR-342

Record Name: **Highest Sodium**

Personal Record: **Sodium – 143 mmol/L**

Date Achieved: 2025 11 21

W5: Average – 140 mmol/L

Reference Range (Units): 135-145 (mmol/L)

8 samples

Index Number: PR-343

Record Name: **Lowest Potassium**

Personal Record: **Potassium – 3.9 mmol/L**

Date Achieved: 2024 12 17

W5: Average – 4.3 mmol/L

Reference Range (Units): 3.6-5.2 (mmol/L)

8 samples

Index Number: PR-344

Record Name: **Highest Potassium**

Personal Record: **Potassium – 4.6 mmol/L**

Date Achieved: 2025 03 25

W5: Average – 4.3 mmol/L

Reference Range (Units): 3.6-5.2 (mmol/L)

8 samples

Index Number: PR-345

Record Name: **Lowest Chloride**

Personal Record: **Chloride – 102 mmol/L**

Date Achieved: 2022 04 14

W5: Average – 105.2 mmol/L

Reference Range (Units): 98-112 (mmol/L)

4 samples

Index Number: PR-346

Record Name: **Highest Chloride**

Personal Record: **Chloride – 108 mmol/L**

Date Achieved: 2025 03 25

W5: Average – 105.2 mmol/L

Reference Range (Units): 98-112 (mmol/L)

4 samples

Index Number: PR-347

Record Name: **Lowest Carbon Dioxide (CO₂)**

Personal Record: **Carbon Dioxide (CO₂) – 21 mmol/L**

Date Achieved: 2022 08 09

W5: Average – 24.2 mmol/L

Reference Range (Units): 20-32 (mmol/L)

4 samples

Index Number: PR-348

Record Name: **Highest Carbon Dioxide (CO2)**

Personal Record: **Carbon Dioxide (CO2) – 27 mmol/L**

Date Achieved: 2025 03 25

W5: Average – 24.2 mmol/L

Reference Range (Units): 20-32 (mmol/L)

4 samples

Index Number: PR-349

Record Name: **Lowest Anion Gap**

Personal Record: **Anion Gap – 8 mmol/L**

Date Achieved: 2025 03 25

W5: Average – 9.2 mmol/L

Reference Range (Units): 4-16 (mmol/L)

4 samples

Index Number: PR-350

Record Name: **Highest Anion Gap**

Personal Record: **Anion Gap – 11 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 9.2 mmol/L

Reference Range (Units): 4-16 (mmol/L)

4 samples

Urinalysis

Index number: PR-351

Record Name: **Lowest Specific gravity**

Personal Record: **Specific Gravity – 1.010**

Date Achieved: 2022 04 14

W5: Average – 1.013

Reference Range (Units): 1.005-1.030

8 samples

Index Name: PR-352

Record Name: **Highest Specific Gravity**

Personal Record: **Specific Gravity – 1.025**

Date Achieved: 2021 12 02

W5: Average – 1.013

Reference Range (Units): 1.005-1.030

8 samples

Index Name: PR-353

Record Name: **Lowest PH**

Personal Record: **PH-6.0**

Date Achieved: 2025 07 30

W5: Average – PH-6.8

Reference Range (Units): 5.0-8.0

8 samples

Index Name: PR-354

Record Name: **Highest PH**

Personal Record: **PH-8.0**

Date Achieved: 2022 04 14

W5: Average – PH-6.8

Reference Range (Units): 5.0-8.0

2022 04 14 4:42pm

8 samples

Index Name: PR-355

Record Name: **Most Protein, Urine**

Personal Record: **Protein, Urine – 0.3 g/L**

Date Achieved: 2021 12 02

W5: Abnormal – (Should be zero)

Date Achieved: 2021 12 02 6:33pm

8 samples

Urea

Index Name: PR-356

Record Name: **Lowest Urea**

Personal Record: **3.3 mmol/L**

Date Achieved: 2022 04 14

W5: Reference range 3.0-8.0 (mmol/L)

1 sample

Calcium

Index Name: PR-357

Record Name: **Highest Calcium**

Personal Record: **Calcium – 2.37 mmol/L**

Date Achieved: 2026 01 31

W5: Average 2.32 mmol/L

Reference range (Units) 2.10-2.60 (mmol/L)

5 samples

Index Name: PR-358

Record Name: **Lowest Calcium**

Personal Record: **Calcium – 2.24 mmol/L**

Date Achieved: 2024 12 17

W5: Average - 2.32 mmol/L

Reference range (Units) 2.10-2.60 (mmol/L)

5 samples

Magnesium

Index Name: PR-359

Record Name: **Lowest Magnesium**

Personal Record: **Magnesium 0.72 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 0.80 mmol/L

Reference range (Units) 0.70-1.00 (mmol/L)

7 samples

Index Name: PR-360

Record Name: **Highest Magnesium**

Personal Record: **Magnesium 0.86 mmol/L**

Date Achieved: 2025 03 25

W5: Average – 0.80 mmol/L

Reference range (Units) 0.70-1.00 (mmol/L)

7 samples

Ferritin

Index Name: PR-361

Record Name: **Lowest Ferritin**

Personal Record: **Ferritin 4 ug/L** (-26 of reference range)

Date Achieved: 2024 09 13

W5: Average – 41.4 ug/L

Reference range 30-500 (ug/L)

9 samples

Index Name: PR-362

Record Name: **Highest Ferritin**

Personal Record: **Ferritin 78 ug/L**

Date Achieved: 2021 12 02

W5: Average – 41.4 ug/L

Reference range 30-500 (ug/L)

9 samples

Gamma Glutamyl Transferase (GGT)

Index Number: PR-363

Record Name: **Lowest Gamma Glutamyl Transferase (GGT)**

Personal Record: **Gamma Glutamyl Transferase (GGT) - 17 U/L**

Date Achieved: 2021 12 02

W5: Average – 18 U/L

Reference range (Units) <80 (U/L)

4 samples

Index Number: PR-364

Record Name: **Highest Gamma Glutamyl Transferase (GGT)**

Personal Record: **Gamma Glutamyl Transferase (GGT) - 20 U/L**

Date Achieved: 2024 09 13

W5: Average – 18 U/L

Reference range (Units) <80 (U/L)

4 samples

Cortisol, Random

Index Number: PR-365

Record Name: **Lowest Cortisol, Random**

Personal Record: **Cortisol, Random 182 nmol/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 85-620 (nmol/L)

1 sample

Phosphate

Index Number: PR-366

Record Name: **Lowest Phosphate**

Personal Record: **Phosphate - 0.72 mmol/L**

Date Achieved: 2024 09 13

W5: Average – 0.91 mmol/L

Reference range (Units) 0.70-1.50 (mmol/L)

4 samples

Index Number: PR-367

Record Name: **Highest Phosphate**

Personal Record: **Phosphate - 1.05 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 0.91 mmol/L

Reference range (Units) 0.70-1.50 (mmol/L)

4 samples

Iron and TIBC

Index Name: PR-368

Record Name: **Lowest Iron**

Personal Record: **18 umol/L**

Date Achieved: 2021 12 02

W5: Average – 25.6 umol/L

Reference range (Units) 8-35 (umol/L)

3 samples

Index Name: PR-369

Record Name: **Highest Iron**

Personal Record: **30 umol/L**

Date Achieved: 2025 06 25

W5: Average – 25.6 umol/L

Reference range (Units) 8-35 (umol/L)

3 samples

Index Name: PR-370

Record Name: **Highest Total Iron Binding Capacity**

Personal Record: **Total Iron Binding Capacity - 73 umol/L**

Date Achieved: 2025 04 09

W5: Average – 65.3 umol/L

Reference range (Units) 40-75 (umol/L)

3 samples

Index Name: PR-371

Record Name: **Lowest Total Iron Binding Capacity**

Personal Record: **Total Iron Binding Capacity - 60 umol/L**

Date Achieved: 2021 12 02

W5: Average – 65.3 umol/L

Reference range (Units) 40-75 (umol/L)

3 samples

Index Number: PR-372

Record Name: **Lowest Iron Saturation Index**

Personal Record: **Iron Saturation Index - 0.30**

Date Achieved: 2021 12 02

W5: Average – 0.39

Reference range (Units) 0.12-0.60

3 samples

Index Number: PR-373

Record Name: **Highest Iron Saturation Index**

Personal Record: **Iron Saturation Index - 0.48**

Date Achieved: 2025 06 25

W5: Average – 0.39

Reference range (Units) 0.12-0.60

3 samples

Finished up to this point -----

Glucose, Fasting

Index Number: PR-374

Record Name: **Highest Glucose, Fasting**

Personal Record: **Glucose, Fasting - 5.5 mmol/L**

Date Achieved: 2021 12 02

W5: Average – 5.36 mmol/L

Reference range (Units) 3.3-6.0 (mmol/L)

Hours fasting – 14 hours

5 samples

Index Number: PR-375

Record Name: **Lowest Glucose, Fasting**

Personal Record: **Glucose, Fasting - 5.3 mmol/L**

Date Achieved: 2025 06 25

W5: Average – 5.36 mmol/L

Reference range (Units) 3.3-6.0 (mmol/L)

Hours fasting – 9 hours

5 samples

Albumin

Index Number: PR-376

Record Name: **Highest Albumin**

Personal Record: **Albumin - 42 g/L**

Date Achieved: 2025 11 21

W5: Average – 40 g/L

Reference range (Units) 30-45 (g/L)

6 samples

Index Number: PR-377

Record Name: **Lowest Albumin**

Personal Record: **Albumin - 39 g/L**

Date Achieved: 2024 12 17

W5: Average – 40 g/L

Reference range (Units) 30-45 (g/L)

6 samples

Testosterone, Free, Calculated

Index Number: PR-378

Record Name: **Highest Testosterone, Free**

Personal Record: **Testosterone, Free - 259.6 pmol/L**

Date Achieved: 2021 12 02

W5: Average – 218.3 pmol/L

Reference range (Units) 175.0-700.0 (pmol/L)

2 samples

Index Number: PR-379

Record Name: **Lowest Testosterone, Free**

Personal Record: **Testosterone, Free - 177 pmol/L**

Date Achieved: 2025 11 04

W5: Average – 218.3 pmol/L

Reference range (Units) 175.0-700.0 (pmol/L)

2 samples

Testosterone, Total

Index Number: PR-380

Record Name: **Highest Testosterone, Total**

Personal Record: **Testosterone Total – 10.3 nmol/L**

Date Achieved: 2021 12 02

W5: Average – 8.7 nmol/L

Reference range (Units) 8.0 – 35.0 (nmol/L)

2 samples

Index Number: PR-381

Record Name: **Lowest Testosterone, Total**

Personal Record: **Testosterone Total – 7.1 nmol/L** (-0.9 of reference range)

Date Achieved: 2025 11 04

W5: Average – 8.7 nmol/L

Reference range (Units) 8.0 – 35.0 (nmol/L)

2 samples

Sex Hormone Binding Globulin (SHBG)

Index Number: PR-382

Record Name: **Lowest Sex Hormone Binding Globulin**

Personal Record: **Sex Hormone Binding Globulin - 19 nmol/L**

Date Achieved: 2021 12 02

W5: Average – 20.5 nmol

Reference range (Units) 6-65 (nmol/L)

2 samples

Index Number: PR-383

Record Name: **Highest Sex Hormone Binding Globulin**

Personal Record: **Sex Hormone Binding Globulin - 22 nmol/L**

Date Achieved: 2025 11 04

W5: Average – 20.5 nmol

Reference range (Units) 6-65 (nmol/L)

2 samples

Vitamin B12

Index Number: PR-384

Record Name: **Lowest Vitamin B12**

Personal Record: **Vitamin B12 - 140 pmol/l** (-20 of reference range)

Date Achieved: 2021 12 02

W5: Average – 405 pmol/l

Reference range (Units) >160 (pmol/L)

Abnormality – Below normal range

8 samples

Index Number: PR-385

Record Name: **Highest Vitamin B12**

Personal Record: **Vitamin B12 - 624 pmol/l**

Date Achieved: 2025 03 14

W5: Average – 405 pmol/l

Reference range (Units) >160 (pmol/L)

8 samples

Dehydroepiandrosterone Sulphate (DHEAS)

Index Number: PR-386

Record Name: **Highest Dehydroepiandrosterone Sulphate**

Personal Record: **Dehydroepiandrosterone Sulphate - 8.5 umol/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) <14.0 (umol/L)

1 sample

Urate

Index Name: PR-387

Record Name: **Highest Urate**

Personal Record: **Urate - 427 umol/L**

Date Achieved: 2024 12 17

W5: Average – 411.4 umol/L

Reference range (Units) 200-500 (umol/L)

5 samples

Index Name: PR-388

Record Name: **Lowest Urate**

Personal Record: **Urate - 395 umol/L**

Date Achieved: 2024 09 13

W5: Average – 411.4 umol/L

Reference range (Units) 200-500 (umol/L)

5 samples

Protein Electrophoresis, Serum, Panel

Index Name: PR-389

Record Name: **Highest Albumin**

Personal Record: **44 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 33-48 (g/L)

1 sample

Index Name: PR-390

Record Name: **Lowest Alpha 1**

Personal Record: **Alpha 1 2.1 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 2.2-4.0 (g/L)

Abnormality – Below normal range

1 sample

Index Name: PR-391

Record Name: **Lowest Alpha 2**

Personal Record: **Alpha 2 5.8 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 5.0-10.0 (g/L)

1 sample

Index Name: PR-392

Record Name: **Lowest Beta 1 Globulin**

Personal Record: **Beta 1 Globulin 3.8 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 3.0-6.0 (g/L)

1 sample

Index Name: PR-393

Record Name: **Lowest Beta 2 Globulin**

Personal Record: **Beat 2 Globulin 2.7 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 2.0-5.0 (g/L)

1 sample

Index Name: PR-394

Record Name: **Lowest Gamma Globulin**

Personal Record: **Gamma Globulin 7 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 5-16 (g/L)

1 sample

Total Protein

Index Name: PR-395

Record Name: **Lowest Total Protein**

Personal Record: **Lowest Total Protein – 65 g/L**

Date Achieved: 2021 12 02

W5: Reference range (Units) 62-82 (g/L)

1 sample

Index Number: PR-396

Record Name: **Highest 25-Hydroxy Vitamin D**

Personal Record: **Highest 25-Hydroxy Vitamin D – 52 nmol/L**

Date Achieved: 2026 01 31

W5: Average – 46.5 nmol/L

Reference range (Units) 50-200 (nmol/L)

2 samples

Index Number: PR-397

Record Name: **Lowest 25-Hydroxy Vitamin D**

Personal Record: **Lowest 25-Hydroxy Vitamin D – 41 nmol/L (-9 of reference range)**

Date Achieved: 2025 11 21

W5: Average – 46.5 nmol/L

Reference range (Units) 50-200 (nmol/L)

2 samples

Albumin/Creatinine Ratio

Index Number: PR-398

Record Name: **Highest Albumin/Creatinine Ratio**

Personal Record: **Highest Albumin/Creatinine Ratio - <0.57 mg/mmol**

Date Achieved: 2024 09 13

W5: Average - <0.32

Reference Range (Units) <3.00 (mg/mmol)

3 samples

Index Number: PR-399

Record Name: **Lowest Albumin/Creatinine Ratio**

Personal Record: **Lowest Albumin/Creatinine Ratio - <0.20 mg/mmol**

Date Achieved: 2025 10 06

W5: Average - <0.32

Reference Range (Units) <3.00 (mg/mmol)

3 samples

Creatine Kinase (CK)

Index Number: PR-400

Record Name: **Highest Creatine Kinase (CK)**

Personal Record: **95 U/L**

Date Achieved: 2024 09 13

W5: Average - 76.6 U/L

Reference range (Units) 30-350 (U/L)

3 samples

Index Number: PR-401

Record Name: **Lowest Creatine Kinase (CK)**

Personal Record: **61 U/L**

Date Achieved: 2025 10 06

W5: Average - 76.6 U/L

Reference range (Units) 30-350 (U/L)

3 samples

Creatinine, Urine, Random

Index Number: PR-402

Record Name: **Highest Creatinine, Urine**

Personal Record: **14.7 mmol/L**

Date Achieved: 2025 10 06

W5: Average – 11.4 mmol/L

3 samples

Index Number: PR-403

Record Name: **Lowest Creatinine, Urine**

Personal Record: **5.3 mmol/L**

Date Achieved: 2024 09 13

W5: Average – 11.4 mmol/L

3 samples

Lactate Dehydrogenase (LD)

Index Number: PR-404

Record Name: **Highest Lactate Dehydrogenase (LD)**

Personal Record: **132 U/L**

Date Achieved: 2024 12 17

W5: Average 131.3 U/L

Reference range (Units) 120-250 (U/L)

3 samples

Index Number: PR-405

Record Name: **Lowest Lactate Dehydrogenase (LD)**

Personal Record: **131 U/L**

Date Achieved: 2024 09 13

W5: Average 131.3 U/L

Reference range (Units) 120-250 (U/L)

3 samples

Zinc Level, Serum

Index Number: PR-406

Record Name: **Highest Zinc, Serum**

Personal Record: **15.6 umol/L**

Date Achieved: 2025 11 21

W5: Reference range (Units) 8.0 – 20.0 (umol/L)

1 sample

Blood Donations (Hemoglobin)

Index Name: PR-407

Record Name: **Highest Hemoglobin**

Personal Record: **163 g/L**

Date Achieved: 2022 09 06

W5: Average – 144.1 g/L

Index Name: PR-408

Record Name: **Lowest Hemoglobin**

Personal Record: **127 g/L**

Date Achieved: 2023 12 22

W5: Average – 144.1 g/L

Blood Sugar (Morning before eating)

Index Name: PR-409

Record Name: **Lowest Blood Sugar**

Personal Record: **Blood Sugar – 4.1 mmol/l**

Date Achieved: 2025 01 29

W5: Average – 5.4 mmol/l

52 samples

Index Number: PR-410

Record Name: **Highest Blood Sugar**

Personal Record: **Blood Sugar – 6.4 mmol/l**

Date Achieved: 2021 03 15

W5: Average – 5.4 mmol/l

52 samples

DNA Testing (Ancestry)

Index Number: PR-411

Record Name: **Highest Genetic Ancestry Percentage (Country)**

Personal Record: **51.3% Finnish**

Date Achieved: 1973.12.06

W5: According to DNA testing through the website 23andme I am 51.3% Finnish and 48.7% British and Irish. My genetic ancestry is more strongly aligned with populations traced back to Finland and the United Kingdom. There appears to be no trace of African, Asian or Indigenous ancestry.

Index Number: PR-412

Record Name: **Most Genetic Relatives Found through DNA Testing**

Personal Record: **1,501 Genetic Relatives**

Date Achieved: 2026.03.24

W5: The DNA testing website 23andme found that I was genetically related to 1,501 people residing in Europe, Canada, United States, and Australia.

Index Number: PR-413

Record Name: **Ancestor Birthplaces (Grandparents of Genetic Relatives)**

Personal Record: **297 born in Canada.**

Date Achieved: 2026.03.24

W5: This is a measurement of genetic relatives who have a grandparent born in that country. Canada – 297, United States – 273, Finland – 253, United Kingdom – 70, Russia – 24, Sweden – 16, Republic of Ireland – 15, and Italy – 11. The remaining countries have less than 10 in number. Source: DNA testing website 23andme.

Index Number: PR-414

Record Name: **Most Distant Genetic Relative**

Personal Record: **8th Cousin, 0.14% shared DNA,**

Date Achieved:

W5: The DNA testing website 23andme claims that I am an 8th cousin to Maurizio Minnetti residing in Toronto, Ontario, Canada on my father's side. As an 8th cousin we would share the same 7th Great Grandparents and share approximately 0.14% DNA. This person and I share 1 segment or one continuous strand of DNA. For reference my daughter and I share 23 segments or 23 continuous strands of DNA.

However, this lady is predicted to be an 8th cousin because the DNA segment may be short and is one exception. More common distant genetic relatives are 6th cousins who I share the same 5th Great Grandparents, 0.26% DNA, and 1 segment.

Index Number: PR-415

Record Name: **Most Rare Haplogroup**

Personal Record: **Maternal Haplogroup J2a1a – 1 in 240**

Date Achieved: 1973.12.06

W5: The maternal haplogroup is a genetic lineage of my mother's mother and so on. According to the DNA testing website 23andme only 1 in 240 people within their data base share the same J2a1a haplogroup which goes back to a woman approximately 13,000 years ago. 1 in 240 works out to 0.4% of the population.

Index Number: PR-416

Record Name: **Most Common Haplogroup**

Personal Record: **Paternal Haplogroup R-M417 – 1 in 14**

Date Achieved: 1973.12.06

W5: the paternal haplogroup is a genetic lineage of my father's father and so on. According to the DNA testing website 23andme 1 in 14 people within their database share the same R-M417 haplogroup which goes back to a man approximately 27,000 years ago. 1 in 14 works out to 7.14% of the population.

Index Number: PR-417

Record Name: **Oldest Haplogroup**

Personal Record: **Paternal Haplogroup R-M417 – 27,000 years**

Date Achieved: 1973.12.06

W5: My paternal haplogroup is a genetic lineage of my father's father and so on and according to the DNA testing website 23andme traces back to a man who lived approximately 27,000 years ago. On an interesting note I share the same paternal lineage with Mal'Ta Boy, a 3 year old who lived 24,000 years ago near Lake Baikal in Siberia, Russia.

Index Number: PR-418

Record Name: **Greatest Amount of Neanderthal DNA Inherited**

Personal Record: **Less than 2% of Neanderthal DNA (265 variants)**

Date Achieved:

W5: According to the DNA testing website 23andme less than 2% of my DNA can be traced to Neanderthals. Out of the 2,872 variants tested, I have 265 variants in my DNA that are traced back to the Neanderthals. I have more Neanderthal DNA than just 33% of other people in the 23andme database.

Apple Watch Records

Note: Apple Watch Records began on 2020 06 17 with the purchase of the Apple Watch Series 3 at the age of 46 Years 193 days (16,995 days). Including the eventual purchase of the Apple Watch Series 6 on 2021 07 14. These records may not be the absolute best or worst in my abilities but do accurately mark my progress in middle age.

Index Number: PR-419

Record Name: **Highest Heart Rate Measured – Highest maximum heart rate measured in 24 hours (Apple watch)**

Personal Record: **Averaged over 10 samples – 182.2 BPM**

Recorded 186 BPM

Date Achieved: 2022.10.04

W5: AHR – 96 bpm, MinHR – 58 bpm, Max HR – 186 bpm, Resting HR – 61 bpm, A HRV – 31 ms, Active Calories – 793, Cardio Points – 203. This occurred at 3:51pm.

1:00 hour 2.1 miles 2.1 mph (manual treadmill) 2.54 miles (Apple Watch) 594 Active Calories 693 Total Calories
Avg. Heart Rate - 169 bpm 83 bpm - 186 bpm Level 5 - 38 minutes, Level 4 - 15 minutes, Level 3 - 6 minutes. Avg.
MET's - 9.1 SPO2 - 92%. Average Maximum Heart Rate is 120.8 BPM – 2,111 samples. Updated 2026 03 30.

Index Number: PR-420

Record Name: **Lowest maximum heart rate measured in 24 hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 83.5 BPM.**

Recorded 78 BPM.

Date Achieved: 2021.04.21

W5: Average Maximum Heart Rate is 120.8 BPM – 2,111 samples. Updated 2026 03 30.

Index Number: PR-421

Record Name: **Highest minimum heart rate measured in 24 hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 79.1 BPM.**

Recorded 88 bpm

Date Achieved: 2023.10.05

W5: Average Minimum Heart Rate - 60.3 BPM – 2,111 samples. Updated 2026 03 30.

Index Number: PR-422

Record Name: **Lowest Heart Rate Measured – Lowest minimum heart rate measured in 24 hours (Apple watch)**

Personal Record: **Averaged over 10 samples – 39.6 BPM.**

Recorded 37 BPM

Date Achieved: 2024.04.21

W5: As a note there is one recording of 24 bpm recorded on 2022 02 11 however I believe this is a mismeasurement. Average Minimum Heart Rate - 60.3 BPM – 2,111 samples. Updated 2026 03 30

Index Number: PR-423

Record Name: **Highest VO2 Max Measured (Apple Watch)**

Personal Record: **35.2 VO2 Max**

Date Achieved: 2025.10.20

W5: There is one recording of 40.4 VO2 Max on 2025.12.22 however this is considered a mismeasurement. Another outlier is a recorded VO2 Max of 36.9 on 2025 12 23. A more accurate recording would be a VO2 Max of 35.1 recorded on 3 occasions. Average VO2 – 29.1 – 147 samples. Updated 2026 03 30.

Index Number: PR-424

Record Name: **Lowest VO2 Max Measured (Apple Watch)**

Personal Record: **22.7 VO2 Max**

Date Achieved: 2020.10.12

W5: Average VO2 – 29.1 - 147 samples. Updated 2026 03 30.

Index Number: PR-425

Record Name: **Lowest average SPO2 measured in 24 hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – SPO2 – 93.8%**

Recorded SPO2 - 93%

Date Achieved: 2023.05.21

W5: Average SPO2 – 97.2% - 1,719 samples. Updated 2026 03 30.

Index Number: PR-426

Record Name: **Highest average SPO2 measured in 24 hours (Apple Watch)**

Personal Record: **Averaged over 10 samples - 100%**

Recorded SPO2 – 100%

Date Achieved: 2021.10.31

W5: Average SPO2 – 97.2% - 1,719 samples. Updated 2026 03 30.

Index Number: PR-427

Record Name: **Highest average heart rate variability measured in 24 hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 87.6 ms**

Recorded 98 ms

Date Achieved: 2023.01.07

W5: Average Heart Rate Variability – 40.8 ms – 2,102 samples. Updated 2026 03 30.

Index Number: PR-428

Record Name: **Lowest average heart rate variability measured in 24 hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 17.7 ms.**

Recorded 17 ms

Date Achieved: 2021.01.01

W5: Average Heart Rate Variability – 40.8 ms – 2,102 samples. Updated 2026 03 30.

Index Number: PR-429

Record Name: **Highest - Average Heart Rate measured in 24 Hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 108.6 BPM**

Recorded 117 BPM

Date Achieved: 2022.07.28

W5: Average Average Heart Rate – 78.8 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-430

Record Name: **Lowest Average Heart Rate measured over 24 Hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 64.6 BPM**

Recorded 62 BPM

Date Achieved: 2022.04.13

W5: Average Average Heart Rate – 78.8 BPM – 2,111 samples. Updated 2026 03 30.

Index Number: PR-431

Record Name: **Highest Resting Heart Rate measured in 24 Hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 87.9 BPM**

Recorded 92 BPM

Date Achieved: 2022.10.04

W5: Average resting Heart Rate – 65.1 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-432

Record Name: **Lowest Resting Heart Rate measured in 24 Hours (Apple Watch)**

Personal Record: **Averaged over 10 samples – 48.9 BPM**

Recorded - 50 BPM

Date Achieved: 2022.08.09

W5: There are two outliers that are most likely inaccurate with a recording of 31 bpm on 2022 02 11 and 46 bpm 2022 04 13. Average resting Heart Rate – 65.1 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-433

Record Name: **Most Cardio Points Earned in 24 Hours (Apple Watch)**

Personal Record: **826 Cardio Points**

Date Achieved: 2022.10.16

W5: Average heart rate – 105 bpm, Minimum heart rate – 59 bpm, Maximum heart rate – 150 bpm, Resting heart rate – 92 bpm, Average heart rate variability – 35 ms, Active Calories – 4,044, Cardio Points – 826. Average Cardio Points – 24.8 – 2,111 samples. Updated 2026 03 30.

Index Number: PR-434

Record Name: **Highest Average Heart Rate in 1 Month (Apple Watch)**

Personal Record: **84.8 BPM**

Date Achieved: 2023.10.01 to 2023.10.31

W5: Data collected over 2,111 days from 2020 06 17 to 2026 03 30. Average 'Average Heart Rate' – 78.8 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-435

Record Name: **Lowest Average Heart Rate in 1 Month (Apple Watch)**

Personal Record: **72.9 BPM**

Date Achieved: 2025.04.01 to 2021.04.30

W5: Data collected over 2,111 days from 2020 06 17 to 2026 03 30. Average 'Average Heart Rate' – 78.8 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-436

Record Name: **Highest Resting Heart Rate in 1 Month (Apple Watch)**

Personal Record: **73.7 BPM**

Date Achieved: 2023.10.01 to 2023.10.31

W5: Data collected over 2,111 days from 2020 06 17 to 2026 03 30. Average Resting Heart Rate – 65.1 bpm – 2,111 samples. Updated 2026 03 30.

Index Number: PR-437

Record Name: **Lowest Resting Heart Rate in 1 Month (Apple Watch)**

Personal Record: **59.5 BPM**

Date Achieved: 2025.04.01 to 2025.04.30

W5: Data collected over 2,111 days from 2020 06 17 to 2026 03 30. Average Resting Heart Rate – 65.1 bpm – 2,111 samples. Updated 2026 03 30.

Index Number: PR-438

Record Name: **Highest Average Heart Rate Variability in 1 Month (Apple Watch)**

Personal Record: **52.8 ms**

Date Achieved: 2022.11.01 to 2022.11.30

W5: Data collected over 2,102 days from 2020 06 17 to 2026 03 30. Average Heart Rate Variability – 40.8 ms – 2,102 samples. Indication of highest recovery/lowest stress month. Updated 2026 03 30.

Index Number: PR-439

Record Name: **Lowest Average Heart Rate Variability in 1 Month (Apple Watch)**

Personal Record: **33.5 ms**

Date Achieved: 2023.05.01 to 2023.05.31

W5: Data collected over 2,102 days from 2020 06 17 to 2026 03 30. Average Heart Rate Variability – 40.8 ms – 2,102 samples. Indication of lowest recovery/highest stress month. Updated 2026 03 30.

Index Number: PR-440

Record Name: **Lowest Annual Daytime Resting Heart Rate Measured (Apple watch)**

Personal Record: **63.2 BPM**

Date Achieved: 2025.01.01 to 2025.12.31

W5: Data collected over 2,111 days from 2020 06 17 to 2026 03 30. Average resting Heart Rate – 65.1 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-441

Record Name: **Highest Annual Daytime Resting Heart Rate Measured (Apple watch)**

Personal Record: **68.1 BPM**

Date Achieved: 2023.01.01 to 2023.12.31

W5: Data collected over 2,111 days from 2020 06 17 to 2026 03 30. Average resting Heart Rate – 65.1 BPM - 2,111 samples. Updated 2026 03 30.

Index Number: PR-442

Record Name: **Most Active Calories in 1 Year (Apple Watch)**

Personal Record: **116,270 Active Calories**

Date Achieved: 2021.11.01 to 2022.10.31

W5: Active Calories are those calories burned by activity such as exercise and not calories burned by metabolic processes. And do not represent Total Calories burned by both exercise and metabolic processes. The Apple Watch also recorded 134 hours 58 minutes of exercise during this year (22 minutes 11.17 seconds of exercise per day).

Updated 2026 03 30.

Index Number: PR-443

Record Name: **Most Exercise in 1 Year (Apple Watch)**

Personal Record: **134 Hours 58 Minutes (8,098 minutes)**

Date Achieved: 2021.11.01 to 2022.10.31

W5: The Apple Watch recorded 134 hours 58 minutes of exercise during this year (22 minutes 11.17 seconds of exercise per day). During the year recorded I also burned 116,270 active calories.

Updated 2026 03 30.

Index Number: PR-444

Record Name: **Most Miles Walked/Ran in 1 Year (Apple Watch)**

Personal Record: **703.3 Miles 1,430,830 (Steps)**

Date Achieved: 2025.02.06 to 2026.02.05

W5: In 1 year the Apple Watch recorded 703.3 Miles or 1,430,830 steps or an average of 1.92 miles per day 3,920 steps / day). Updated 2026 03 30.

Index Number: PR-445

Record Name: **Most Active Calories burned in 1 month (28 days) (Apple Watch)**

Personal Record: **13,824 Active Calories (63,503 total calories)**

Date Achieved: 2022.01.17 to 2022.02.13

W5: The calendar month of February 2022 is recorded at 12,577 Active Calories.

Updated 2026 03 30.

Index Number: PR-446

Record Name: **Most Exercise in 1 month (28 days) (Apple Watch)**

Personal Record: **21 hours 50 minutes**

Date Achieved: 2022.01.17 to 2022.02.13

W5: I burned 13,824 active calories.

Updated 2026 03 30.

Index Number: PR-447

Record Name: **Most Miles Walked/Ran in 1 Month (28 days)**

Personal Record: **84.9 miles (171,914 steps)**

Date Achieved: 2025.06.24 to 2025.07.21

W5: This works out to walking 3.03 miles per day or 6,139 steps per day. Updated 2026 03 30.

Index Number: PR-448

Record Name: **Most Active Calories in 1 Week (Apple Watch)**

Personal Record: **5,903 Active Calories**

Date Achieved: 2022.10.11 to 2022.10.17

W5: In 1 week, the Apple Watch recorded 5,903 active calories burned which worked out to an average of 843 active calories per day. Over 7 days I exercised for 12 hours 41 minutes which works out to 1 hour 48 minutes of exercise per day. Updated 2026 03 30.

Index Number: PR-449

Record Name: **Most Exercise in 1 Week (Apple Watch)**

Personal Record: **12 Hours 41 Minutes (761 Minutes)**

Date Achieved: 2022.10.10 to 2022.10.16

W5: In 1 week, the Apple Watch recorded 12 hours 41 minutes (761 minutes) of exercise. This works out to an average of 108 minutes (1 hour 48 minutes) of exercise per day. I burned 5,863 active calories over 7 days. Updated 2026 03 30.

Index Number: PR-450

Record Name: **Most Miles walked/Ran in 1 Week (Apple Watch)**

Personal Record: **32.4 miles (65,860 steps)**

Date Achieved: 2025.06.25 to 2025.07.01

W5: In 1 week, the Apple Watch recorded 32.4 miles in 1 week or 65,860 steps. This works out to an average of 4.63 miles per day or 9,409 steps per day. Updated 2026 03 30.

Index Number: PR-451

Record Name: **Most Floors Climbed in 1 Week (Apple Watch)**

Personal Record: **256 Floors**

Date Achieved: 2022.06.12 to 2022.06.18

W5: In 7 days the Apple Watch recorded 256 floors climbed this works out to an average of 36.5 floors climbed per day. Updated 2026 03 30.

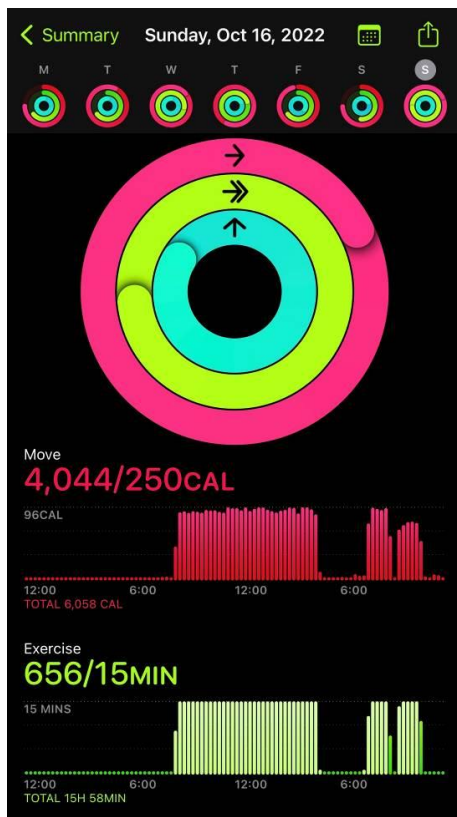
Index Number: PR-452

Record Name: **Most Active Calories in 24 Hours (Apple Watch)**

Personal Record: **4,044 Active Calories (6,058 Total Calories)**

Date Achieved: 2022.10.16

W5: In 24 Hours, I did 656 minutes (10 hours, 56 minutes) of exercise on my stationary bike. The Apple watch recorded 4,044 active calories (6,058 total calories). My Polar Watch recorded 10,031 Calories burned.



Index Number: PR-453

Record Name: **Most Total Calories in 24 Hours (Apple Watch)**

Personal Record: **6,058 Total Calories**

Date Achieved: 2022.10.16

W5: In 24 Hours, I did 656 minutes (10 hours, 56 minutes) of exercise on my stationary bike. The Apple watch recorded 6,058 total calories (4,044 active calories). My Polar Watch recorded 10,031 Calories burned. The total was the result of 3 workouts.

Index Number: PR-454

Record Name: **Most Exercise in 24 Hours (Apple Watch)**

Personal Record: **10 hours, 56 minutes (656 minutes)**

Date Achieved: 2022.10.16

W5: In 24 hours the Apple Watch recorded 10 hours, 56 minutes (656 minutes) of exercise, On that day I also burned 4,044 active calories and 6,058 total calories. The total was the result of 3 work outs.

Index Number: PR-455

Record Name: **Most Miles Walked/Ran in 24 Hours (Apple Watch)**

Personal Record: **20.9 Miles (39,195 steps)**

Date Achieved: 2022.05.28

W5: On 2022 05 28, I walked 20.9 miles or 33.64 km (39,195 steps). I exercised for 5 hours, 29 minutes (329 minutes) while walking and burned 2,311 active calories (3,893 total calories).



Index Number: PR - 456

Record Name: **Longest Continuous Walk/Run (Apple Watch Record)**

Personal Record: **20.03 miles / 32.23 km (37,195 steps)**

Date Achieved: 2022.05.28

W5:

Index Number: PR – 457

Record Name: **Fastest Walking Speed over 1 Hour (Apple Watch Record)**

Personal Record: **4.35 mph**

Date Achieved: 2022 03 18

W5: I walked 4.35 miles over 1 hour.

Index Number: PR-458

Record Name: **Most Active Calories Burned in 1 Hour (Apple Watch Record)**

Personal Record: **594 Active Calories (693 Total Calories)**

Date Achieved: 2022.10.04

W5: Manual Foot Powered Treadmill. 1:00 hour. 2.1 miles 2.1 mph (manual treadmill). 2.54 miles (Apple Watch)
594 Active Calories 693 Total Calories Avg. Heart Rate - 169 bpm 83 bpm - 186 bpm Level 5 - 38 minutes, Level 4
- 15 minutes, Level 3 - 6 minutes. Avg. MET's - 9.1 SPO2 - 92%

Index Number: PR-459

Record Name: **Most Floors Climbed in 1 Week (Apple Watch)**

Personal Record: **256 Floors**

Date Achieved: 2022.06.12 to 2022.06.18

W5: In 7 days the Apple Watch recorded 256 floors climbed this works out to an average of 36.5 floors climbed per day.

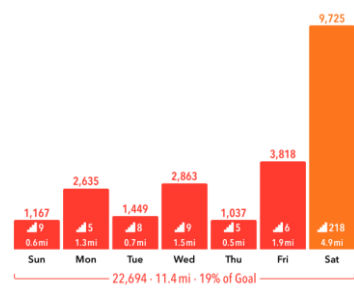
Index Number: PR-460

Record Name: **Most Floors Climbed in 24 Hours (Apple Watch)**

Personal Record: **Apple Watch – 116 floors, 219 Floors Pedometer++ ((after manual input))**

Date Achieved: 2022.06.18

W5: Apple Watch Record - Apple Watch - Stairs - Flights Climbed - 116, Pedometer++ 120 Flights Climbed. (After manual input, Pedometer++ 219 Flights Climbed.) Includes Climbing up and down 202 flights of stairs in 1 hour 40 minutes. 725 Active Calories. Avg Heart Rate - 160 BPM. Max Heart Rate - 180 BPM. Apple Watch recorded the 202 Flights as 103 Flights. Residential Stairs. 3,000 steps Climbed.



Index Number: PR- 461

Record Name: **Most Watts burned 1 hour on Exercise Bike**

Personal Record: **339 watts**

Date Achieved: 2022.02.28

W5:

Index Number: PR-462

Record Name: **Most Miles Biked on a Stationary Bike in 24 hours.**

Personal Record: **123.1 miles** (estimate for outdoor bicycle – 61.55 miles)

Date Achieved: 2022.10.16

W5: 10 hours 56 minutes. 123.1 miles (61.55 miles - estimate for outdoor bike). 3 Workouts. Level 10,11,12,13 (42-70 rpm). 4,044 active calories

Index Number: PR-463

Record Name: **Most Miles Biked on a Stationary Bike at Once.**

Personal Record: **120.2 miles** (estimate for outdoor bicycle – 60.1 miles)

Date Achieved: 2022.07.28

W5: 7:20:30 hours. 120.2 miles (60.1 miles - estimate for outdoor bicycle). Level 10 (59-80 RPM). 3,415 Active Calories (4,148 Total Calories) Apple Watch. 4,621 Total Calories Polar Chest Strap. Avg. Heart Rate - 129 BPM. 107-148 BPM. Fat Burn - 398 minutes Cardio - 43 minutes. Avg. METs - 7.3. Exercise 447 minutes (7 hours 27 minutes) Apple Watch

Index Number: PR-464

Record Name: **Longest Continuous Workout (Apple Watch Record)**

Personal Record: **489 Minutes (8 hours, 9 minutes, 27seconds)**

Date Achieved: 2022.10.16

W5: In a time of 8 hours, 9 minutes and 27 seconds I burned 3,013 active calories (3,816 total calories.)

Index Number: PR-465

Record Name: **Most Active Calories Burned in a Single Continuous Workout (Apple Watch Record)**

Personal Record: **3,415 Active Calories (4,148 total calories)**

Date Achieved: 2022.07.28

W5: Indoor exercise bike with an average heart rate of 129 bpm. I biked for 7 hours, 20 minutes, 30 seconds.

Index Number: PR-466

Record Name: **Fastest Heart Rate Recovery (1 minute) (Apple Watch Record)**

Personal Record: **48 BPM (167-119)**

Date Achieved: 2022.10.26

W5: Recorded by Apple Watch by the app (Heart Analyzer)

Spirometry

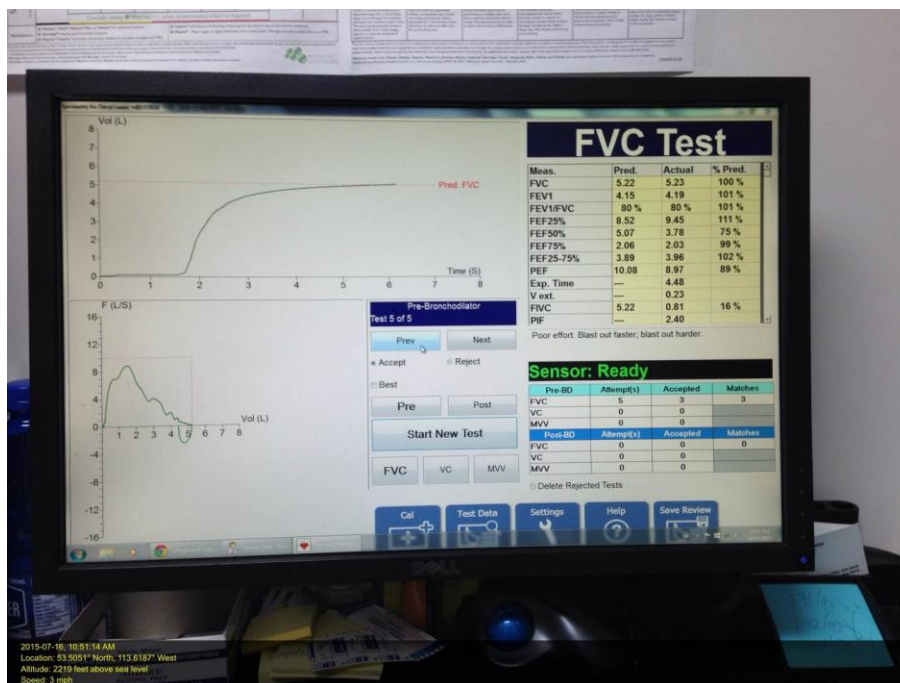
Index Name: PR-467

Record Name: **Spirometry - Highest Lung Capacity**

Personal Record: **5.23 litres (100% of Predicted Value)**

Date Achieved: 2015.07.16

W5: Blew out 30 out of 30 candles. The test measures how much you can exhale against your predicted lung capacity.



Index Name: PR-468

Record Name: **Spirometry - Lowest Lung Capacity**

Personal Record: **4.77 litres (91% of Predicted Value)**

Date Achieved: 2017.08.17

W5: Blew out 26 out of 30 candles. The test measures how much you can exhale against your predicted lung capacity. The Predicted value was 5.24 litres.

Toilette Records

Index Number: PR-469

Record Name: **Longest time without a bowel movement**

Personal Record: **6 Days (approx.)**

Date Achieved: 2014.04.04 - 2014.04.10

W5: The following occurred from swallowing gauze used to prevent bleeding from pulled tooth.

Index Number: PR-470

Record Name: **Most weight lost on toilette in 24 hours**

Personal Record: **7.95 lbs (3.6 kg)**

Date Achieved: 2014.04.13

W5: After taking a Laxative-Purgative I lost 7.95 lbs from 185 lbs to 177.4 lbs.

Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 13 – Speed

Index Number: PR-471

Record Name: **Fastest Reaction to a Visual Stimulus (Over 5 Attempts)**

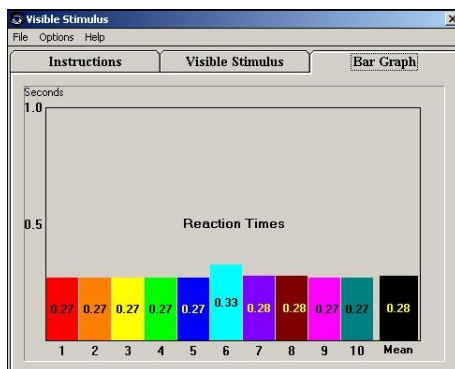
Personal Record: **0.209 Seconds** (Mean over 5 Attempts – www.HumanBenchmark.com)

Date Achieved: 2010.12.15

W5: According to the www.humanbenchmark.com, the mean time for the populous is 0.215 seconds.

On 2009, November 3rd, I used a PC MS-DOS program, where I was signaled to press any key on the keyboard as quickly as possible when the word, “NOW” appears. Over a Trail of 10 attempts, I achieved a record average of 0.280 seconds.

On the same MS-DOS program (for a one-time) my fastest reaction time was 0.220 seconds.



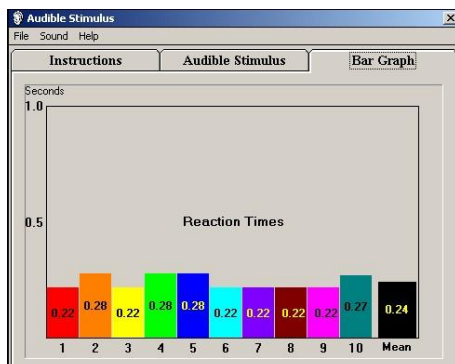
Index Number: PR-472

Record Name: **Fastest Reaction to an Audible Stimulus (Over 10 Attempts)**

Personal Record: **0.220 Seconds** (mean over 10 attempts: 0.240 seconds)

Date Achieved: 2009.11.03

W5: PC MS-DOS program, where I am signaled to press any key on the keyboard as quickly as possible when I hear a tone (or a sound). Over a Trial of 10 attempts, I achieved a record average of 0.240 seconds.



Index Number: PR-473

Record Name: **Fastest Reaction to a Visual Stimulus**

Personal Record: **0.184 seconds**

Date Achieved: 2013.10.31

W5: Re-Action (Dano Games) - Iphone 4



Index Number: PR-474

Record Name: **Fastest Reaction to an Auditory Stimulus**

Personal Record: **0.213 seconds**

Date Achieved: 2013.11.08

W5: Re-Action (Dano Games) - Iphone 4



Index Number: PR-475

Record Name: **Most Taps in 1 Second**

Personal Record: **10 Taps in 1 Second**

Date Achieved: 2013.11.01

W5: Iphone app called, 'FreakTap.' 1 Tap every 0.1 seconds. Percentile 173 out of 345 players.

Index Number: PR-476

Record Name: **Most Taps in 3 Seconds**

Personal Record: **28 Taps in 3 Seconds**

Date Achieved: 2013.11.01

W5: Iphone app called, 'FreakTap.' 1 Tap every 0.107 seconds. Percentile 104 out of 239 players.

Index Number: PR-477

Record Name: **Calculator - Most Button Presses - 1 Hour**

Personal Record: **15,272 presses of = button**

Date Achieved: 1995.02.27

W5: That is equivalent to pressing the, “=” sign every 0.235 seconds.

Index Number: PR-478

Record Name: **Calculator - Most Button Presses - 1 Minute**

Personal Record: **433 presses of = button**

Date Achieved: 2010.09.03

W5: That is equivalent to pressing the, “=” sign every 0.138 seconds, or 7.21 presses every second. This was accomplished on Windows XP default Calculator.

Links:

YouTube Link: <http://youtu.be/aY7zqdgfaw4>

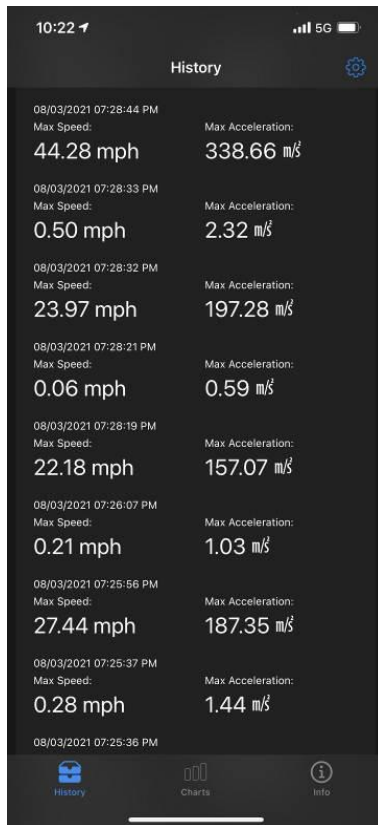
Index Number: PR-479

Record Name: **Fastest Arm Speed Measured by Apple Watch (Arm Speed App)**

Personal Record: **44.28 MPH**

Date Achieved: 2021.08.03 7:28:44pm

W5: The Apple Watch app, Arm Speed measured my right arm moving at a speed of 44.28 mph also noting a max acceleration of 338.66 meters per second squared.



Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 14 – Training

Index Number: PR-480

Record Name: **Work-Outs - 1 Year**

Personal Record: **126 work-outs**

Date Achieved: 1998.05.21 to 1999.05.21

Index Number: PR-481

Record Name: **Work-Outs - Consecutive, Every Second Day**

Personal Record: **42 Workouts**

Date Achieved: 2022.01.17 to 2022.04.08

W5: Workout every 1.92 days. 42 workouts in 81 days.

Index Number: PR-482

Record Name: **Latest Work-Out**

Personal Record: **23 Hours (awake before I initiated my work-out)**

Date Achieved: 2000.07.13 to 2000.07.14

Index Number: PR-483

Record Name: **Most Max Sets in 1 Day (Push-Ups)**

Personal Record: **159 max sets**

Date Achieved: 1994.01.23 – 1994.01.24

Theme 1 – Athletic

Category 2 – Body Extremes

Subcategory 14 – Work Miscellaneous

Index Number: PR-484

Record Name: **Pulling Metal Poles out Of Ground (8 feet long, 4 Feet in Ground)**

Personal Record: **2 poles in 11:29 minutes**

Date Achieved: 1995.08.17

Index Number: PR-485

Record Name: **Pulling Metal Poles out Of Ground (With Jack and Chain) (8 Feet long, 4 Feet in Ground)**

Personal Record: **1 pole in 2:29:73 minutes**

Date Achieved: 1995.08.17

Index Number: PR-486

Record Name: **Fastest Organic Juice Made**

Personal Record: **1 minute, 47.82 seconds for an, “Extreme Delight”**

Date Achieved: 1994.12.14

W5: The process of creating an Extreme Delight including, stripping a pineapple, peeling a banana then adding an apple and pear – all of which is finally blended for 10 seconds.

This record took place while working at, “Newfound Health” located in Edmonton, Alberta.

Index Number: PR-487

Record Name: **Longest Bath/Shower**

Personal Record: **3 Hours 40 Minutes**

Date Achieved: 1999.00.00

W5: It was a hot shower I took before a Dance.

Index Number: PR-488

Record Name: **Most Lawns mowed in 1 Month (28 days)**

Personal Record: **48 lawns**

Date Achieved: 1995.05.13

Index Number: PR-489

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-490

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-491

Record Name: **Longest Time to Mow a Domestic Lawn**

Personal Record: **11 hours**

Date Achieved: 1991.00.00

W5: This lawn was cut with a ride-able lawn mower.

Index Number: PR-492

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-493

Record Name: **Most Snow by Weight and Volume Shoveled in 1 Hour**

Personal Record: **565.5 cubic feet (16.01 cubic meters) – 8,482.5 lbs (3.847 tons)**

Date Achieved: 2011.01.19

W5: Shoveling at 0.02 mph (0.03 feet per second), I shoveled 9.4 cubic feet/minute or 141.37 lbs/minute. The snow was an average depth of 92 inches; the shovel I used was 26 inches wide.

I was in the cardio zone for 5 minutes, 48 seconds. My minimum heart rate was 104 bpm, average heart rate was 155 bpm, and my maximum heart rate was 177 bpm. My recovery was 164 to 151 bpm (13 bpm/minute), I burned a total 1,102 calories.

In 2011, January 23rd, the longest trail I shoveled using similar shovel was 287 feet (88 meters) in 29 inch snow in 1 hour 32 minutes.

Index Number: PR-494 RS-106

Record Name: **Most Calories Burned Doing Housework (24 Hours)**

Personal Record: **2,389 calories**

Date Achieved: 2011.08.03

RecordSetter Link: <http://recordsetter.com/world-record/calories-burned-doing-house-work-24-hours/9339#contentsection>

YouTube Link: <http://youtu.be/dC4CPmlvFaM>

Index Number: PR-495

Record Name: **Longest Time Spent Doing Dishes**

Personal Record: **3:35:42 hours**

Date Achieved: 2012.11.10

Index Number: PR-496

Record Name: **Most Un-Broken RecordSetters Records Held**

Personal Record: **111 Records**

Date Achieved: 2013.04.20

Index Number: PR-497

Record Name: **Most Times to be featured on RecordSetter.com**

Personal Record: **6 Times**

Date Achieved: 2011.03.19 to 2011.08.31

W5: 2011 03 19 – Longest distance to blow out a candle, 2011 04 14 – Longest 8-finger plank, 2011 05 11 – Longest time to support one's weight on fingertips, 2011 07 08 – Most consecutive 8-finger push-ups on floor, 2011 08 23 – Most balloons inflated in 24 hours, and 2011 09 22 – Most one-arm push-ups on a raw egg.

I was also in 2 RecordSetter blogs on 2011 08 06 and 2011 08 31.



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Longest Distance To Blow Out A Candle

THIS RECORD BLOWS: Darryl Learie of Edmonton, Alberta huffed and puffed and blew out a candle from 8 feet away. The historic moment occurs around 2:33 of the video.



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Longest Eight-Finger Plank

FINGERS OF FURY: Watch Canadian legend Darryl Learie display his enormous finger strength with the world's longest eight-finger plank. Think you can beat him? The first person to beat Learie's record will win a free URDB patch.



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Longest time to support body weight on fingertips

CANADIAN MUSCLE: Watch Darryl Learie of Edmonton, Alberta display extraordinary strength by balancing on the tips of his fingers for 18.20 seconds, a new world record. Job tremendously well done, Mr. Learie!




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Most Consecutive Eight-Fingered Push-Ups on Concrete Floor

COLD FINGERS: Watch world record superstar Darryl Learie (holder of 71 records) use fierce determination en route to pulling off this spectacular push-up feat.



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Index Number: PR-498

Record Name: **Honorable Mention of Top 15 RecordSetter World Records of 2011**

Personal Record: **Honorable Mention (RecordSetter.com)**

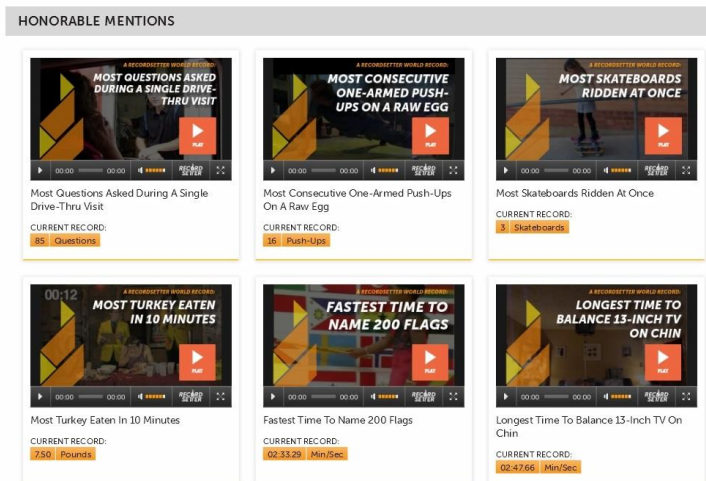
Date Achieved: 2011.12.15

W5: 2011 12 15 - I was an honorable mention in the, Top 15 RecordSetter World Records of 2011. I was in the top 0.31 % of 8,000 records of their data-base (or within their top 21 voted most awesome records of 2011).

My honorable mention was, "Most consecutive one-armed push-ups on a raw egg."

Link: <https://recordsetter.com/bestof2011>





Index Number: PR-499

Record Name: **Most Boxes and Bags Loaded and Unloaded in 24 Hours (Moving to new Residence)**

Personal Record: **131 Bags and Boxes (32 Bags, 99 Boxes)**

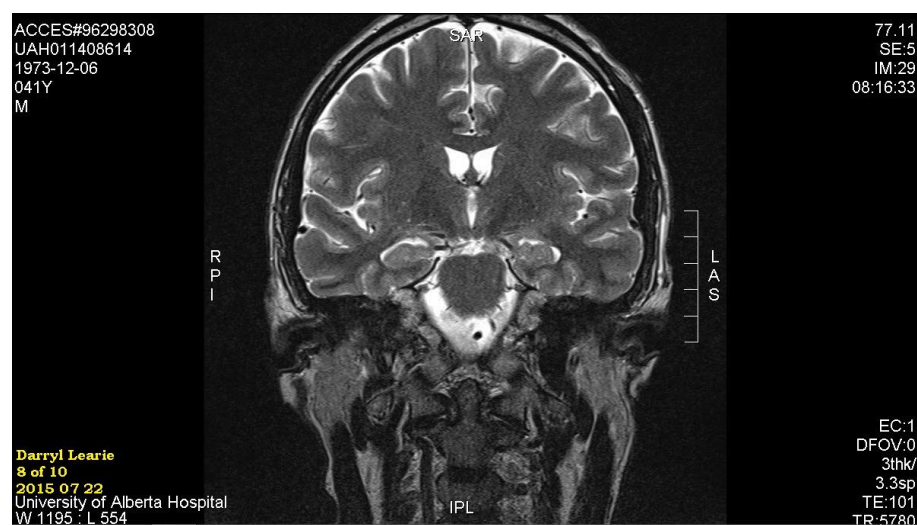
Date Achieved: 2021.06.12 5:15pm to 11:01pm.

W5: I had to single handedly load and unload 131 bags and boxes from two 10 foot U-Haul Trucks which I accomplished in 5 hours 46 minutes of work. I loaded/unloaded a box/bag every 1:19 minutes. According to my Apple watch I exercised for 99 minutes and burned 772 active calories. That day my total calories were 2,629.

Theme 2 – Academic (391 Records)

Category 1 – Academic

Subcategory 1 – Fun & Games



Lumosity

Index Number: PR-500

Record Name: **Lumosity - Greatest BPI increase over 28 days**

Personal Record: **476 to 1,040 BPI increase of 564**

Date Achieved: 2013.11.11 - 2013.10.13

Index Number: PR-501

Record Name: **Most Lumosity Games Played in 24 Hours**

Personal Record: **79 Games**

Date Achieved: 2013.11.05

Index Number: PR-502

Record Name: **Most Lumosity Games Played in 28 Days (1 Month)**

Personal Record: **515 Games**

Date Achieved: 2013.10.13 2013.11.08

Index Number: PR-503

Record Name: **Lumosity - Highest Percentiles and Highest BPI**

Personal Record:

Highest Percentiles

LPI - 88.5 % - 2015.03.25

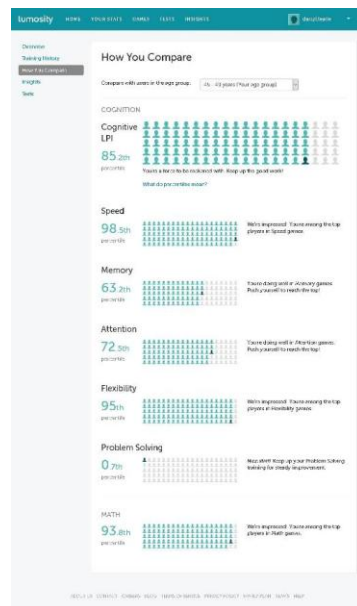
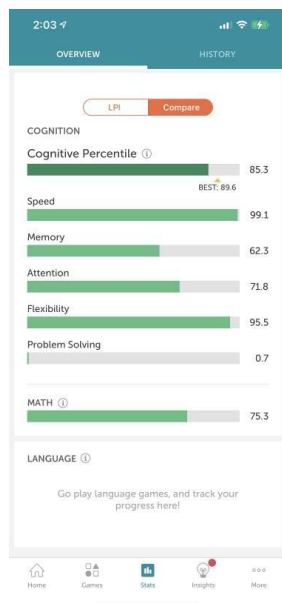
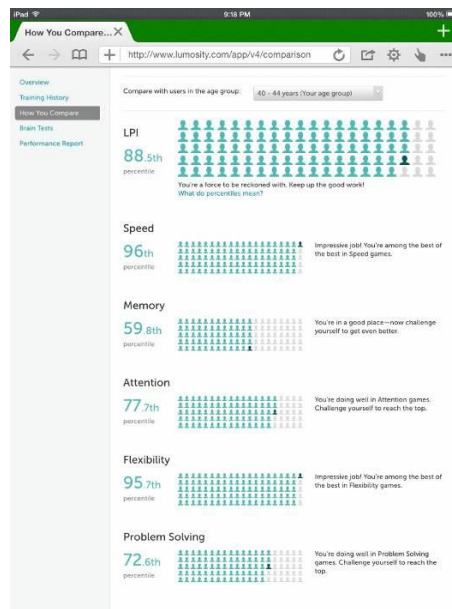
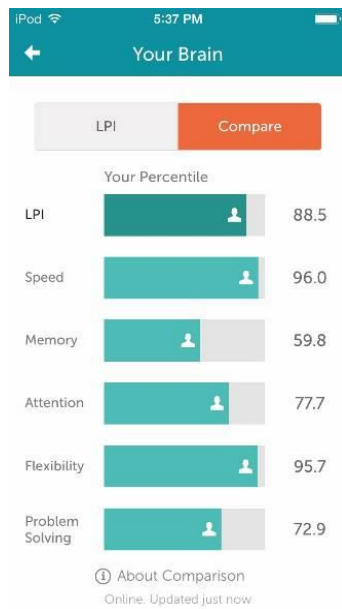
Speed - 99.3 % - 2021.02.22

Memory - 63.2 % - 2020.11.16

Attention - 77.7 % - 2015.03.25

Flexibility - 95.7 % - 2015.03.25

Problem Solving - 73.9 % - 2015.03.27



Highest LPI's

LPI -1459 - 2015.03.25

Speed -1747 – 2021.02.22

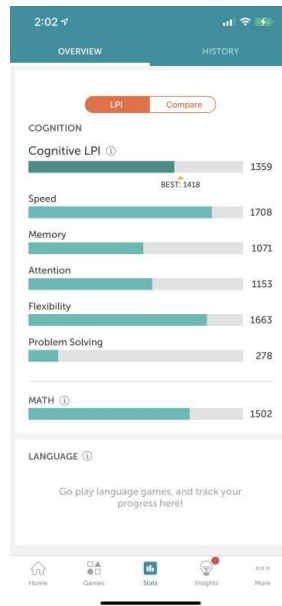
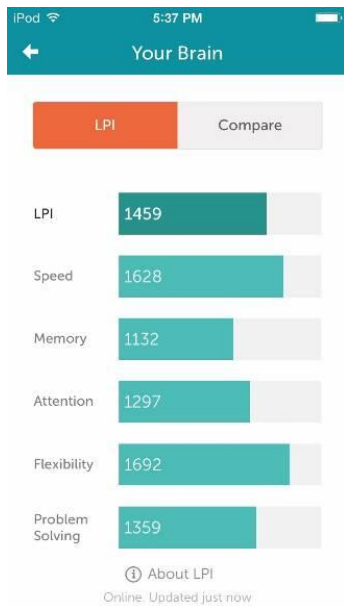
Memory -1132 - 2015.03.25

Attention -1297 - 2015.03.25

Flexibility -1692 - 2015.03.25

Problem Solving -1359 - 2015.03.25

Date Achieved: 2013.11.04 – 2021.02.22



Index Number: PR-504

Record Name: **Lumosity - Best Game Scores**

Personal Record:

1. Chalkboard Challenge (iPhone)

Score - 9,350 / 42 - Equations

2013.10.29



W5: 2021.02.18 – I recorded a game of Lumosity Chalkboard of 37 Correct with 15,100 points on Lumosity Iphone 12 Pro Max version.

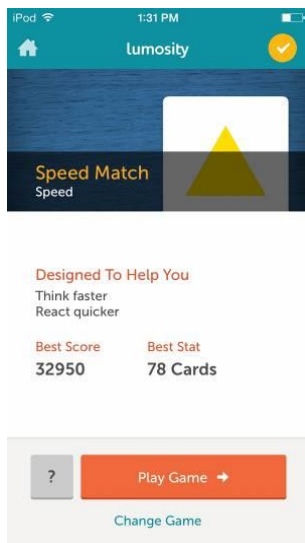
YouTube Link: <https://youtu.be/FmyrT6EcZnc>

2. Speed Match (Iphone) (Edited)

Score - 32,950 / 78 Cards

78/45=1.73 cards/second

2013.10.31



W5: 2021.02.16 – I recorded a game of Lumosity Speed Match of 76 cards with 31,500 points on Lumosity Iphone 12 Pro Max version.

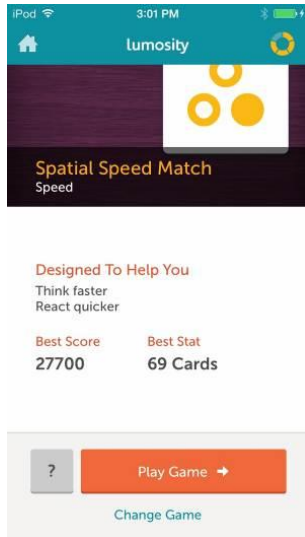
YouTube Link: https://youtu.be/lIMbQquw8_Y

3. Spatial Speed Match (Iphone) (Edited)

Score - 27,700 / 69 Cards

69/45=1.53 cards/second

2013.11.02



W5: 2021.02.13 – I recorded a game of Lumosity Spatial Speed Match of 68 cards with 27,100 points on Lumosity Iphone 12 Pro Max version.

YouTube Link: https://youtu.be/_FuTQLcfzeE

4. Speed Pack (Iphone) (Edited)

Score - 88,200 / 38 Correct

2015.03.28

W5: 2021.02.17 – I recorded a game of Lumosity Speed Pack of 25 correct with 79,700 points on Lumosity Iphone 12 Pro Max version.

YouTube Link: <https://youtu.be/RF9L8AU0xT8>

5. Memory Matrix (Iphone)

Score - 46,700 / 16 Tiles

2013.11.08



W5: 2021.02.14 – I recorded a game of Lumosity Memory Matrix of 12 Tiles with 34,700 points on Lumosity Iphone 12 Pro Max.

YouTube Link: <https://youtu.be/W9Ap2LEMIhg>

6. Raindrops (Iphone) (Edited)

Score - 40,750 / 163 Correct

2013.11.10



Designed To Help You

Make quick estimates.
Increase arithmetic skills.

Best Score

40750

Best Stat

163 Correct



W5: 2020.12.05 – I recorded a game of Lumosity Rain Drops of 129 correct with 64,500 points on Lumosity Desktop version.

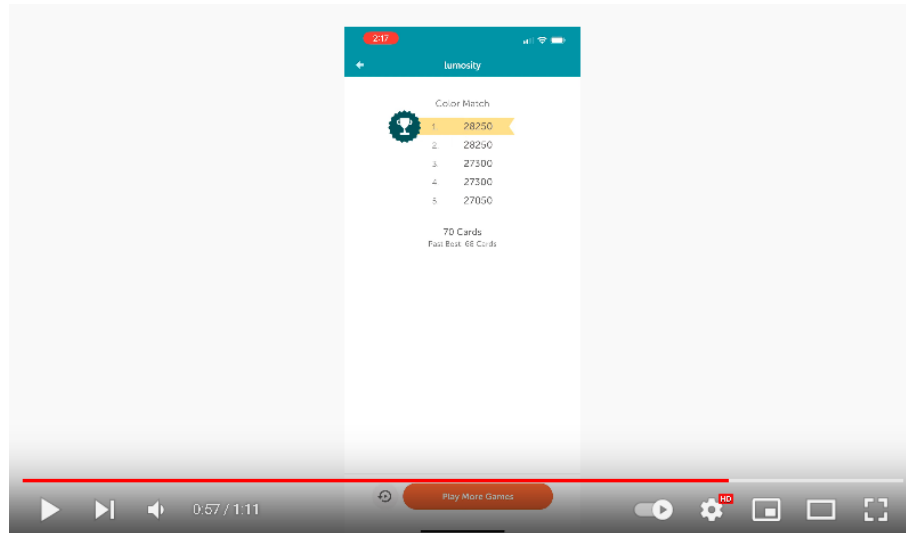
YouTube Link: <https://youtu.be/59Auzr0zz88>

7. Color Match (Iphone) (Edited)

Score - 28,250 / 70 Cards

70/45=1.55 cards/second

2021.02.16



W5: 2021.02.16 - I recorded a game of Lumosity Color Match of 70 cards 28,250 points on Lumosity Iphone 12 Pro Max version.

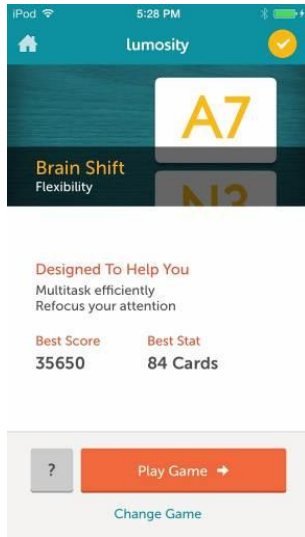
YouTube Link: <https://youtu.be/VBOxS8ZZOfo>

8. Brain Shift (Iphone) (Edited)

Score - 35,650 / 84 Cards

84/60=1.3 cards/second

2013.11.22



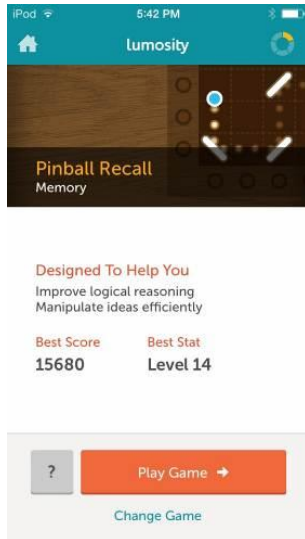
W5: 2021 02 10 – I recorded a game of Lumosity Brain Shift of 79 cards with 32,600 points on Lumosity Iphone 12 Pro Max version.

YouTube Link: <https://youtu.be/aDvREwbHBiE>

9. Pinball Recall (Iphone) (Edited)

Score - 15,680 / Level 14

2013.11.24



W5: 2021.02.17 – I recorded a game of Lumosity Pinball Recall of Level 13 with 11,010 points on Lumosity Iphone 12 Pro Max version.

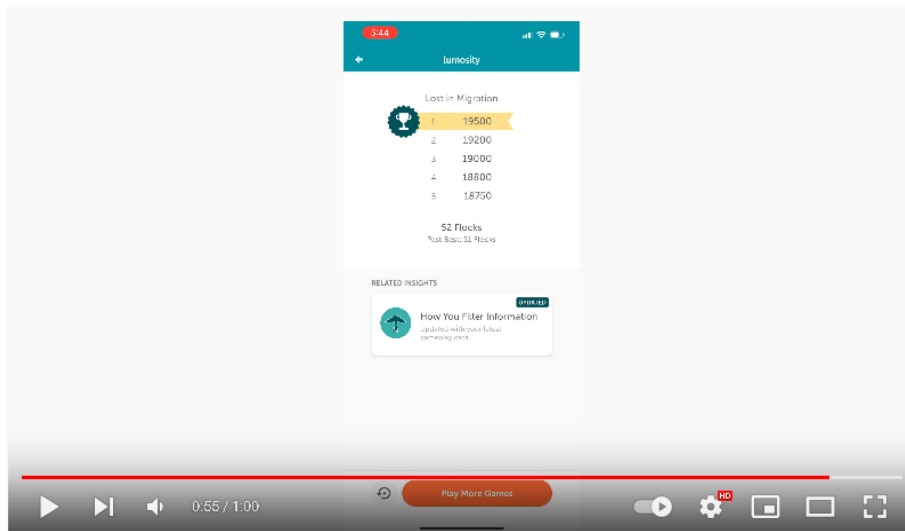
YouTube Link: <https://youtu.be/LePAphiD05g>

10. Migration (PC)

Score - 26,900 / 52 Flocks

2013.11.22 and 2021.02.14

Date Achieved: 2013.10.29 - 2015.03.27



W5: 2021.02.14 – I recorded a game of Lumosity Migration of 52 Flocks with 19,500 points on Lumosity Iphone 12 Pro Max Version.

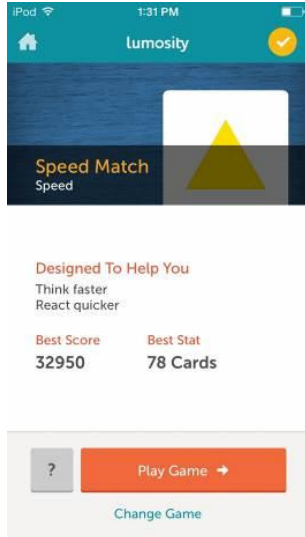
YouTube Link: https://youtu.be/ytT7_916egk

Index Number: PR-505

Record Name: **Fastest Speed in a Lumosity Game**

Personal Record: **78 cards in 45 seconds (1 card every 0.57 seconds)**

Date Achieved: 2013.10.31



Mensa Brain Training

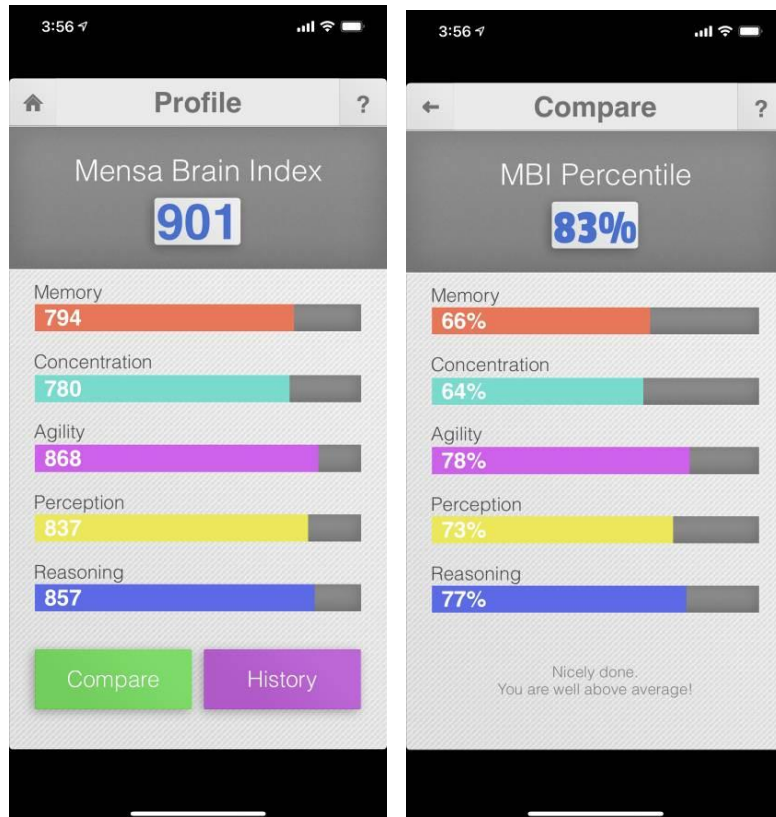
Index Number: PR-506

Record Name: **Highest MBI and Highest Percentile (iPhone)**

Personal Record: **MBI 901 Percentile 83**

Date Achieved: 2020.12.17

W5:



YouTube Link: https://youtu.be/OGdVjJo_zMs

Index Number: PR-507

Record Name: **Mensa Brain Training Best Scores.**

Personal Record:

1. Honeycomb Recall (iPhone)

Score – 24,000 Points

Date Achieved: 2020.12.08

YouTube Link: https://youtu.be/OGdVjJo_zMs

2. Memory Grid (iPhone)

Score – 25,000 Points

Date Achieved: 2020.12.28

3. Square Sequences (iPhone)

Score – 12,000 Points

Date Achieved: 2020.11.29

YouTube Link: https://youtu.be/OGdVjJo_zMs

4. Tangram Puzzle (iPhone)

Score – 45,000 Points

Date Achieved: 2020.12.12

YouTube Link: https://youtu.be/OGdVjJo_zMs

5. Coloured Words (iPhone)

Score – 89,000 Points

Date Achieved: 2020.12.17

YouTube Link: https://youtu.be/OGdVjJo_zMs

6. Snowflake Match (iPhone)

Score – 51,000 Points

Date Achieved: 2020.11.16

YouTube Link: https://youtu.be/OGdVjJo_zMs

7. Shape Sums (iPhone)

Score – 18,000 Points

Date Achieved: 2020.11.28

YouTube Link: https://youtu.be/OGdVjJo_zMs

8. Missing Cards (iPhone)

Score – 43,000 Points

Date Achieved: 2020.12.12

YouTube Link: https://youtu.be/OGdVjJo_zMs

Reaction Games

Index Number: PR-508

Record Name: **Fastest Time on Speed (iPhone Game)**

Personal Record: **3.60 seconds**

(96.1 percentile out of 1,874 players)

Date Achieved: 2013.11.20

W5: One must match the shape to one of 3 possible shapes in the shortest time possible. There are 10 trials.



Games

Index Number: PR-509

Record Name: **Super Mario Cart – Time Trial/mode: Mushroom Cup (Nintendo DS)**

Personal Record: **1 min. 59:66 sec. / Mario Circuit One**

Date Achieved: 1999.02.12

Index Number: PR-510

Record Name: **Highest Score, Miss Pac Man (Arcade)**

Personal Record: **26,580 Points**

Date Achieved: 2004.03.00

Index Number: PR-511

Record Name: **Highest Score, Blocks V 1.4 (Tetris-Palm Game)**

Personal Record: **20,435 Points/Level 10 (102 Lines)**

Date Achieved: 2010.10.02 – 2010 October 2nd

W5: The most lines accomplished is 105 lines set on 2010 September 29th (Score 17,075, Level 10)



Index Number: PR-512

Record Name: **Highest Score, Tetris (Tetris-iPod Touch Game)**

Personal Record: **53,580 Points/87 Lines**

Date Achieved: 2012.09.27

Index Number: PR-513

Record Name: **Most Lines in a Tetris Game, Tetris (EA) (iPhone 12 Pro Max)**

Personal Record: **215 Lines**

Date Achieved: 2020.11.30

W5: Tetris App for iPhone 12 Pro Max Tetris EA aptly named, Tetris I achieved 215 Lines in Marathon Mode at a difficulty of 5 with 30,493 Points. I had 63 Line clears.



Index Number: PR-514

Record Name: **Highest Score, Math Ace V 2.0 (Timed Math-Palm Game)**

Personal Record: **35 out of 35 Correct in 60 Seconds**

(46 out of 62 Correct in 60 Seconds)

Date Achieved: 2010.11.06

W5: Addition, Subtraction, Multiplication, and Division, Max Operand 11, Minimum Operand 0, Timer 60 Seconds.



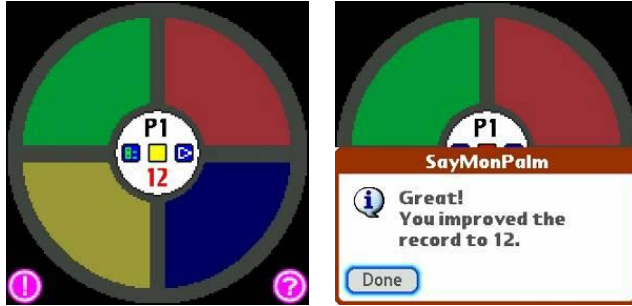
Index Number: PR-515

Record Name: **Highest Score, SayMonPalm V 1.0b (Simon Says Type-Palm Game)**

Personal Record: **12 Sequences Correct**

Date Achieved: 2010.09.01

W5: 4 different colored lights flash in a random pattern which must be repeated correctly.



Index Number: PR-516

Record Name: **NMG: Number Memory Game**

Personal Record: **Correctly recalled 5 random digits with just 0.01 seconds to memorize.**

Date Achieved: 2010.10.27

W5: In the Palm OS NMG game, a preselected number of random digits is shown, each time it is shown the new random digits are shown for even less time, thusly giving the person playing less time to memorize the digits.

I have also memorized 7 digit numbers within 3.7 Seconds (total score 26 right, 35 wrong).

Index Number: PR-517

Record Name: **Rubix Redux (Palm OS game)**

Personal Record: **Solved 4X4 matrix in 2 moves in 16 seconds.**

(also solved, 12X12 matrix in 610 moves in 22:37 minutes)

Date Achieved: 2010.10.28

W5: Rubix Redux is a Rubix Cube game played on a 2 dimensional plane of horizontal, and vertical movements, consequently it is far easier than that of the original 3D Rubix Cube – and once one figures out the secret, any matrix will be eventually solved.

Index Number: PR-518

Record Name: **Logik Puzzle (Tile Puzzle for Palm OS)**

Personal Record: **Unscrambled 15 Picture Tiles in just 94 Moves.**

Date Achieved: 2010.10.28

W5: The Tiles Puzzle is one of 16 squares occupied by 15 square tiles, and one empty square. The goal is to shift tiles around, up, down, right, and left until one unscrambles the picture using the empty space to move certain tiles.



Index Name: PR-519

Record Name: **Highest Score in Tetris (PC – Classic Arcade Pack)**

Personal Record: **29,728 Points**

Date Achieved: 2010.09.06

W5: The following record composed of completing, 71 lines, at level 8.

Most lines completed; 90 – 2010 09 06.

Highest level achieved; level 10

Index Number: PR-520

Record Name: **Highest Score in Smart Eye Trainer (Speed-Matrix Game for Palm OS)**

Personal Record: **25 Seconds (Matrix of 25 scrambled numbers)**

Date Achieved: 2010.12.17

W5: Smart Eye Trainer (2004 by Val Danilchuk) is a palm game where you must click 25 numbers in their consecutive order (1, 2, 3...) from a square matrix of 25 scrambled numbers.

Index Number: PR-521

Record Name: **Highest Score Achieved in Reflexez (Reaction game for Palm Os)**

Personal Record: **2 numbers off the chosen number**

Date Achieved: 2010.11.30

W5: Reflexez is a palm Os game, where numbers count rapidly in succession – you are given a chosen number, and expected to stop the counting numbers at that chosen number.

Index Number: PR-522

Record Name: **Highest Score in Reflex V 1.1 2005 (Logic-Reaction Game for Palm OS)**

Personal Record: **73 Correct in 72.927 Seconds**

(Avg. of 1 Answer / 0.999 Seconds)

Date Achieved: 2010.11.30

W5: Reflex is a color-logic game, where you are given 3 different colored circles, and asked to choose, Red, Green, or Blue. However, the game attempts to trick you by asking Blue, in which the word, "Blue" will be highlighted in Green.

Eventually the game becomes faster, and trickier, where the order of the colored circles will change without notice.

Index Number: PR-523

Record Name: **Memoria (Memory Game for Palm OS)**

Personal Record: **14 Moves in 53 Seconds (Matrix of 16)**

Date Achieved: 2010.12.07

W5: I also achieved the fastest time of 15 Moves in 44 Seconds on 2010, November 30th.

Memoria is a matching Tile Game, where you have a limited time to memorize all 16 tiles, and then match pairs of those tiles in the least number of moves.

Index Number: PR-524

Record Name: **Crack The Code (CTC Logic Game) for Palm OS**

Personal Record: **Level Impossible – 1 Guess**

Date Achieved: 2010.12.08

W5: Crack the Code is a Palm OS Logic Guessing game, where you have limited time, and guesses to crack the code. You are only given ambiguous clues such as, if a number is already existent, and/or if that existent number is in its proper place.

Index Number: PR-525

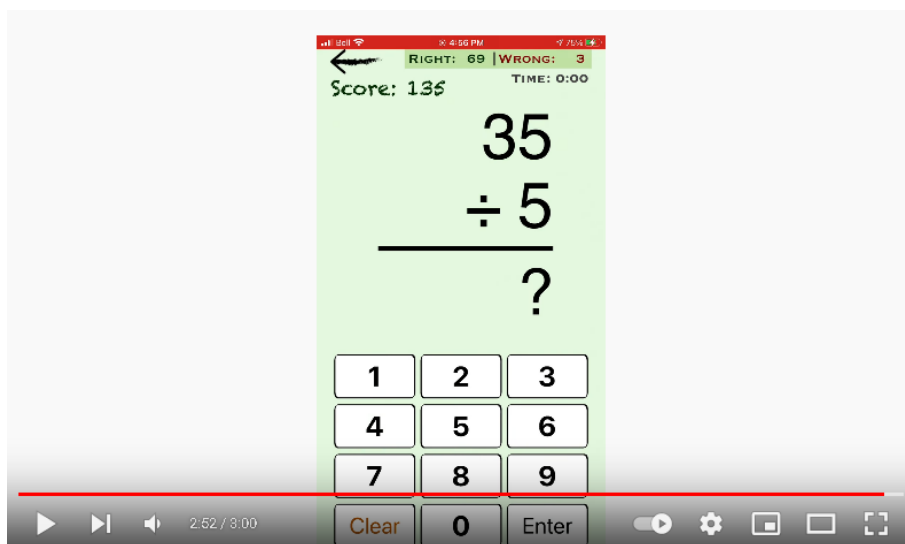
Record Name: **Mental Math – Mixed Ops (Easy) Timed Challenge**

Personal Record: **69 Correct (3 Wrong)**

Date Achieved: 2020.12.04

W5: Mental Math is an iPhone app and this game was a 2 minute timed challenge of mixed operations of addition, subtraction, division and multiplication. I achieved 69 correct with just 3 wrong and received 135 points (level Easy).

YouTube Link: <https://youtu.be/qvHQsAbK6PY>



Board Games

Index Number: PR-526

Record Name: **Highest Score in Monopoly**

Personal Record: **Game Won with \$3,116 dollars**

Date Achieved: 2018.10.11

W5: Game of Thrones Monopoly

Kite Flying

Index Number: PR-527

Record Name: **Highest Kite Flown (Delta – 1.14 m. Wingspan)**

Personal Record: **685 ft. (208.7 m.)**

Approx. Co-ordinates –

53° 32.735 N 113° 36.595 W

Date Achieved: 2010.06.23

W5: Purchased from the dollar store the small delta flew with the 30 gram mini DV cam. Furthermore, 1,625 ft (495.3 m) of string was used.

YouTube Link: <http://www.youtube.com/watch?v=ILiM8rolREI>

2010 06 23



Kite during it's 695 foot flight



Index Number: PR-528

Record Name: **The Most Weight Lifted by a Kite (Delta – 2.13 m. Wingspan)**

Personal Record: **13.7 Oz – 0.85 lbs (388.3 grams)**

Approx. Co-ordinates –

53 deg. 32.747 N 113 deg. 36.581 W

Date Achieved: 2010.06.03

W5: Olympus (Stylus 850 SW) 8.0 Mega-Pixel Camera reaching 420 ft.(attached to Kite Fin) – 4.8 Oz, and the Garmin Colorado 300 GPS on the same line reaching 395 ft. – 7.3 Oz, and last but not least the batteries at 1.6 Oz collectively.

The Wind blew at 35 km/h (21.74 mph) the temperature remained steady at 16 C. highest pressure was measured at 920.66 mb, the lowest at 918.23 mb. Flight duration - 35 min 36 sec.

Index Number: PR-529

Record Name: **Highest Kite Cam (Mini DV – 30 gram) Flown (Delta – 1.14 m. Wingspan)**

Personal Record: **685 ft. (208.7 m.)**

Approx. Co-ordinates –

53° 32.735 N 113° 36.595 W

Date Achieved: 2010.06.23

W5: The Mini DV weighs just 30 grams, and can continuously shoot video to the capacity of a 4 GB micro-SD card. Furthermore, 1,625 ft (495.3 m) of string was used.

YouTube Link: <http://www.youtube.com/watch?v=ILiM8roIREI>



Index Number: PR-530

Record Name: **Highest GPS Flight via Kite (Delta – 2.13m. Wingspan)**

Personal Record: **395.9 ft. (120.7 meters)**

Approx. Co-ordinates –

53 deg. 32.747 N 113 deg. 36.581 W

Date Achieved: 2010.06.03

W5: Wind - 35 km/h (21.74 mph), Temperature – 16 C,

Highest Pressure – 920.66 mb, Lowest Pressure – 918.23 mb.

Kite Mileage – 0.68 miles, Duration – 35 min. 36 sec.

Index Number: PR-531

Record Name: **Longest Time Kite Flown (Delta – 2.13 m. Wingspan)**

Personal Record: **1 hr. 47 min. (Approx.)**

Approx. Co-ordinates –

53 deg. 32.737 N 113 deg. 36.568 W

Date Achieved: 2010.05.22

W5: Wind – 20 km/h (12.42 mph), Temperature – 8 C,

Highest Pressure – 929.69 mb, Lowest Pressure – 926 mb

Index Number: PR-532

Record Name: **Farthest Distance (Horizontal) to Fly a Kite.**

Personal Record: **1,429 ft (435.55 m) Away From Launch Site**

Date Achieved: 2010.06.23

W5: Standing at the following co-ordinates, 53° 32.735 N 113° 36.595 W, the kite flew to the location 53° 32.914 N 113° 36.849 W further more a record length of 2,275 to 2,475 ft (693.42 to 754.38 m) of string was used in the attempt.

World Record:

YouTube Link: <http://www.youtube.com/watch?v=ILiM8roIREI>



Index Number: PR-533

Record Name: **Fastest Kite Flown as measured by GPS (Delta – 2.13 m. Wingspan)**

Personal Record: **20 mph (32.18 kph)**

Approx. Co-ordinates –

53 deg. 32.735 N 113 deg. 36.597 W

Date Achieved: 2010.06.03

W5: Wind - 35 km/h (21.74 mph), Temperature – 16 C,

Highest Pressure – 920.66 mb, Lowest Pressure – 918.23 mb.

Kite Mileage – 0.68 miles, Duration – 35 min. 36 sec.

Index Number: PR-534

Record Name: **Highest Balloon Cam**

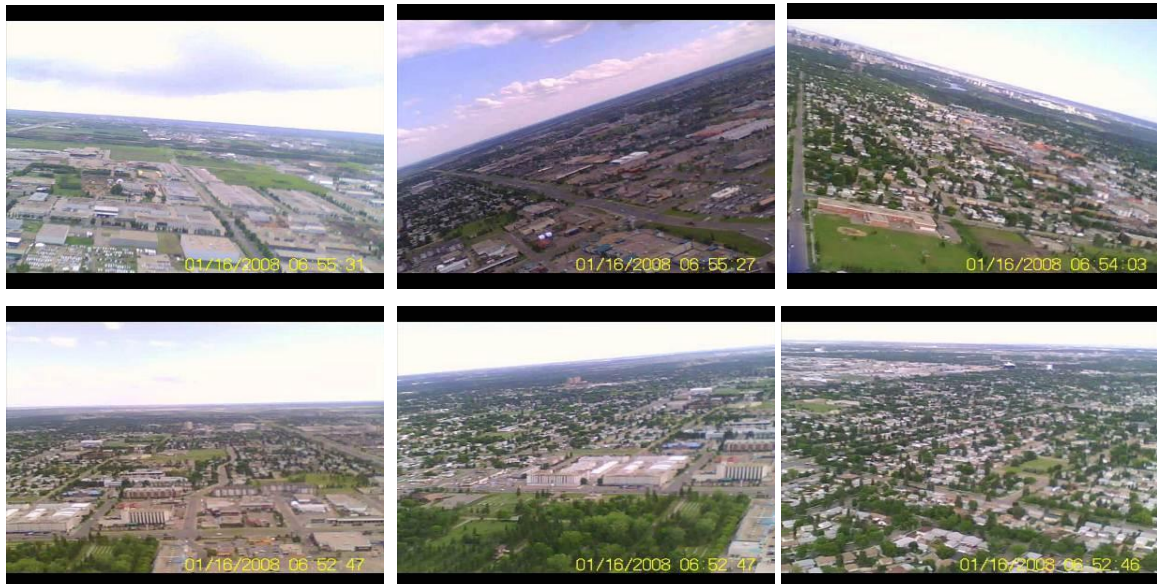
Personal Record: **890 ft (271.27 m)**

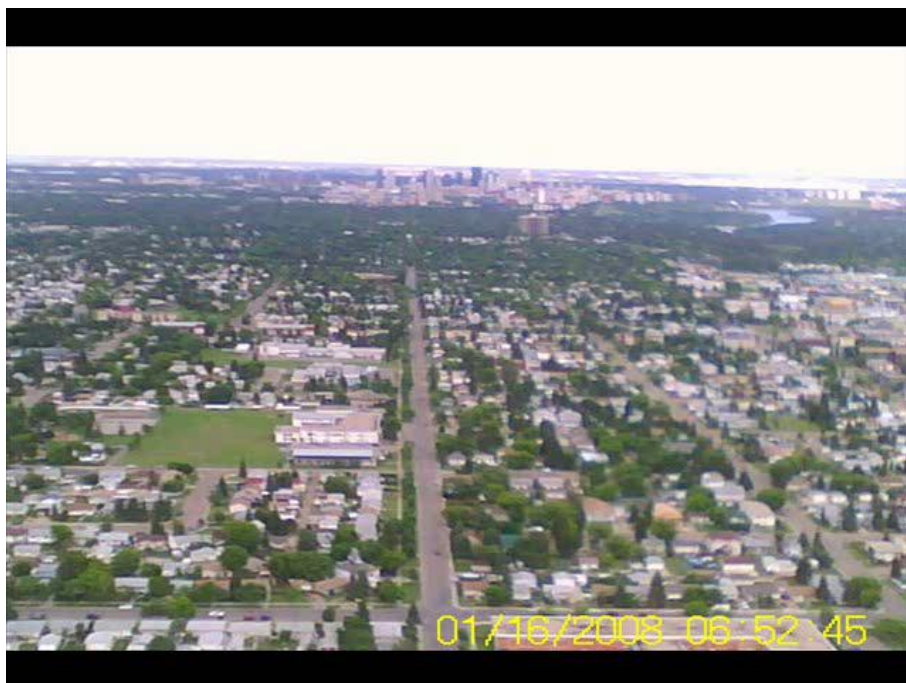
Date Achieved: 2010.06.28

W5: I launched a 22" inch helium balloon with a 30 gram mini DV Cam from the following co-ordinates; 53 deg. 32.735 N 113 deg. 36.595 W. 1,377 feet of line was used, The balloon itself floated west 1,055 feet, the wind was blowing at 4km/hr bearing 260 deg. West.

The balloon cam reached its maximum altitude in 13:44 minutes – this is the highest altitude for a camera.

YouTube Video: <http://www.youtube.com/watch?v=pB5qAlgXvXA>





Index Number: PR-535

Record Name: **Farthest Helium Balloon Project**

Personal Record: **101 miles (162.54 km) approx.**

Approx. co-ordinates – Southwest of

53 deg. 32.526 N 113 deg. 113 deg. 24.874 W

To Alliance, Alberta – approx. Co-ordinates –

52 deg. 26.458'N 111 deg. 47.330'W

Date Achieved: 2007.10.29 (launch date)

Submersible Cams

Index Number: PR-536

Record Name: **Most Successful Submersible Cam (Xias 7.0 MP)**

Personal Record: **8-12 ft. (2.43 – 3.65 m.)**

Bottom of Saskatchewan River, Edmonton

Duration underwater – 12 min. 50.07 sec.

Approx. Co-ordinates –

53 deg. 33.804 N 113 deg. 25.159 W

Date Achieved: 2008.06.09

Games

Index Number: PR-537

Record Name: **The Big Brain (Facebook)**

Personal Record: **2,703 Points (Status - Squidlian)**

(94.6 percentile of 280,000 Active users, 8 / 21 trophies earned.)

681 Games Played.

Breakdown –

Blocks – 931* (avg. 720), Scales – 792 (avg. 638),

Math – 648 (avg. 458), Operatives – 624 (avg. 460),

Cards – 658 (avg. 441), Order – 648 (avg. 485)

Puzzle – 798 (avg. 581), Asteroids – 748 (avg. 615)

Date achieved: 2010.11.08

W5: In 2008, April 24th I scored 2,549 points (91.6 percentile) in the Big Brain game after playing 525 games. Consequently, in just 464 games, I scored 2,603 points (92.2 percentile) on 2010, November 4th.

However, my record for Blocks – 931 stands since 2010, April 24th.

YouTube Link: <http://www.youtube.com/watch?v=TuefD3EqRcE>



Index Number: PR-538

Record Name: **Most moves to a Stalemate (Chess)**

Personal Record: **80 moves**

(Computer Chess & I (Tandy 1450 or 1650 – Level 2)

Date Achieved: 1995.03.07

W5: 2010 October 27th, I won a game of chess – Check-mate; Level 2, playing the Chess Genius by Richard Lang (The Pocket World Champion Version 2.30)

Index Number: PR-539

Record Name: **Highest Win against Computerized Chess Opponent with Highest Average FIDE ELO**

Personal Record: **Opponent FIDE ELO of 1,075 (Trainer FIDE ELO 1,300 - Class D Average Player)**

(iPhone 12 Max Pro, Chess Tiger Pro)

Date Achieved: 2021.02.18

W5:



Index Number: PR-540

Record Name: **Largest Pancake Made**

Personal Record: **The Big Graham**

13 ½ inches by 10 inches (1 inch thick)

Date Achieved: 1995.01.26

Index Number: PR-541

Record Name: **Largest Cookie (Biscuit) Made**

Personal Record: **The Big Craig**

15 ½ inches by 10 ½ inches (1 inch thick)

Date Achieved: 1995.01.27

Index Number: PR-542

Record Name: **Scattergories (Highest Score)**

Personal Record: **115 Points**

Date Achieved: 2010.08.10

Index Number: PR-543

Record Name: **Highest Score in Scrabble**

Personal Record: **206 Points (Over 15 turns) – 2nd Place out of 3 Players**

Date Achieved: 2010.12.14

W5: Most average points per turn was achieved on 2010, November 25th with 189 points over 10 turns; 18.9 points per turn.

The Highest value word yielded in Scrabble was the word, “Jews” yielding 30 points, on 2010, November 25th.

Index Number: PR-544

Record Name: **Most Standard Sized Marshmallows to Stuff in Mouth**

Personal Record: **9 Marshmallows**

Date Achieved: 2010.09.05

W5: I also managed to successfully chew and swallow all 9 marshmallows.

YouTube Link: <http://www.youtube.com/watch?v=AmSpdvcKhSk>

Theme 3 – Academic

Category 2 – Academia

Subcategory 1 – School

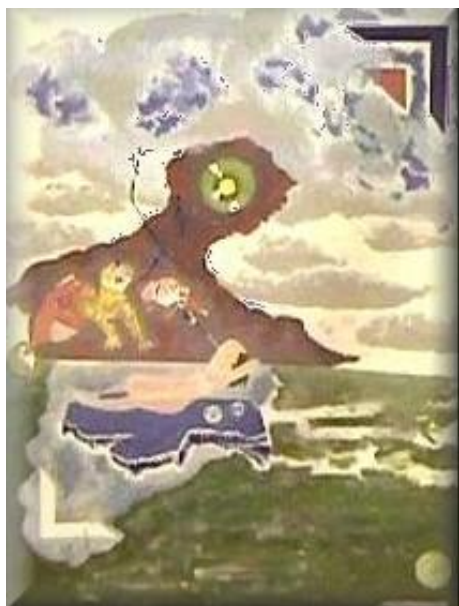
Index Number: PR-545

Record Name: **Longest Time – Homework**

Personal Record: **11 hrs. 35 min. 28 sec.**

(Art 30-Painting, My Image incorporated into a Dali)

Date Achieved: 1995.04.19



Index Number: PR-546

Record Name: **Highest Mark (Academic Report Card)**

Personal Record: **82 % (Learning Strategies)**

Date Achieved: 1993.05.00

Index Number: PR-547

Record Name: **Highest Mark (School Project)**

Personal Record: **100 %**

(Art-30, Collage - Race against Time)

Date Achieved: 1995.05.15

Index Number: PR-548

Record Name: **Greatest Mark Increase**

Personal Record: **35% to 59% (24%- mark increase)**

(Math 10 – Term 1 of 1990/1991, Term 1 of 1992/1993)

Date Achieved: 1990.00.00 – 1993.00.00

Index Number: PR-549

Record Name: **Highest Mark Exam**

Personal Record: **80 %**

(English 30 Exam – Grant Mc Ewan)

Date Achieved: 2007.01.16

Theme 3 – Academic

Category 2 – Academia

Subcategory 2 – Writing

Index Number: PR-550

Record Name: **Best Speech Produced**

Personal Record: **Grade “A” (By University Standards)**

(Dignity & Respect)

(Credit to John Thompson-2nd year U of A English Professor)

Date Achieved: 1998.09.30

Index Number: PR-551

Record Name: **Longest Speech Produced**

Personal Record: **2,510 Words (Dignity and Respect)**

Date Achieved: 1998.09.30

Index Number: PR-552

Record Name: **Most Coherent Writing**

Personal Record: **The Purpose of Project Revelations**

Date Achieved: 2007.00.00

Index Number: PR-553

Record Name: **Best Poetry Written (Free-lance)**

Personal Record: **Poem to Anna**

Date Achieved: 2004.10.13

*W5: Be still, this beating heart of mine, be still
Never the less as I watch you it beats more intense,
Your beauty renders me speechless,
As if my mind cannot comprehend the pleasure brought to my senses,
My body seems to tremble within your very presence,
As if I have found my long lost innocence,
I try to have myself convinced, that you are just another girl,
But looking into your eyes reveals my lie,
Your smile reminds me of why we are born,
To experience Life's wonders, to ponder ones mind,
Weather you are mine is only known to time,
I imagine the finest wine could never compliment,
How your beauty will age with time,
The way the light hits your face,
To see you in a different light,
Such images,
Leave me inspired to have them carefully studied,
And with life,
I pray those images won't decay with time,
To see you in motion swells my body with such emotion,
For when you move I am moved,
A new love made possible? Must be pursued.
It is curious that I have not as of yet touched you
Or felt your touch, perhaps it would just be wrong,
As if you are a masterpiece beautifully painted,
That should be left untainted,*

Index Number: PR-554

Record Name: **Best Rap Written (Free-Lance)**

Personal Record: **Albert Einstein VS Darryl Learie – The Rap (YouTube Video)**

Date Achieved: 2012.07.12

*W5: Yippee-dippity-do, no-one knows what I'm going to do,
Yippee-dippity-yahoo, what I am up to-no one's got a clue,
Scooby-doopity-dooby-do, who is who, ah, boo-who,
Woo-who, Ah, Stop it - whatever, I'm here on YouTube,*

*Warning, Please don't try this, Sorry,
I'm like a virus, try to reject it,
Every medium created, is a medium selected,
Injected, and left infected,*

*Crazy and wild, Wicked in Style,
Lets get Viral; I've got the power,
Rock the World, Make your Blood curl,
High Voltage Wires, Light the Sky on fire,
Lets get Viral,*

*Sweet Dreams are made of these,
Dreams of fame, dreams of pain, and dreams that scare,
One man's dream is another man's nightmare see,
Its not whether you care or don't care, Its what's it going to be,
You are the dreamer, and Ill make the dream!*

*Throw down the paradigm, in rhythm and Rhyme,
The ship sinks moment to shine, moment to drown,
You see a clown; she sees a king with a crown,
I've been around; I've seen people go up and down,*

*Bam! Boom, I'm going to drop the bomb on you,
I'm multidimensional, now move!
Nothings impossible, simply improbable,
Because I'm unpredictable, that makes this unstoppable,*

*Crazy-cool, my mind is uninhabitable,
Downright unstable, there's me, and then there are people,
Who am I Its untreatable, what I do its unforeseeable,
Where I came from its unbelievable, where Im going its unachievable,*

Crazy and wild, Wicked in Style,

*Consider this a haunting, a wanting,
I'm after your soul for something,
I'm like a spirit with a fever; Burning out every EMF meter,
Blow out the lighting, turn it into lightning,*

*After bedtime that's my time,
Rip rip rip your soul make you lose control,
No no, no mind to body to, and body to
Now that soul, and that's I how flow,
Darryl Learie is absolutely brilliant,*

He is one deep mother-fucker – Thank-you, I am Albert Einstein

YouTube Link: <https://youtu.be/CoLlDpTu7Ik>



Index Number: PR-555

Record Name: **Best Proposal Written**

Personal Record: **Mental Illness – Blessing or Curse**

(Linda Hughes - Publisher of the Edmonton Journal

Accepted my proposal to do a feature story)

Date Achieved: 2005.08.00

Index Number: PR-556

Record Name: **Best Column (Feature Story)**

(Our Voice – Paper)

Personal Record: **Earth or Mars**

(Survival dependent on the heart of many)

Date Achieved: 2006.01.26

Index Number: PR-557

Record Name: **Most Thought Provoking Writing**

Personal Record: **Story of the Greys**

(Think you're not valuable – Think again)

(Thematic: Perfection is the disease)

Date Achieved: 2006.02.00

Index Number: PR-558

Record Name: **Best On-line Profile Written**

(POF – Plenty of Fish)

Personal Record: **Profile of D6 of Edmonton**

(16 favorites & 2 testimonials in 53 days)

Date Achieved: 2007.01.07

Index Number: PR-559

Record Name: **Connecting with the audience**

(POF – Plenty of Fish, On-line Profile)

Personal Record: **10 On-Line Mistakes**

(Never before, did I receive such positive feedback)

Date Achieved: 2008.03.06

Index Number: PR-560

Record Name: **Most Responded To (Writing)**

Personal Record: **The One-liner that killed all hope for a second chance**

(POF – Plenty of Fish, Forum Thread – 119 Replies, 8,139 Views)

Date Achieved: 2006.07.03

Index Number: PR-561

Record Name: **Longest Writing Project**

Personal Record: **Personal Diary 3**

(170 Pages, 83,579 Words – 53 Entries)

(3.2 Pages/Entry or 1,577 Words/Entry)

Date Achieved: 2004.01.03 to 2007.09.10

Index Number: PR-562

Record Name: **Most Typing/Writing Done at One Time (In a single sitting with-out stopping)**

Personal Record: **32 Pages or 9,083 Words or 40,457 Characters (with no spaces)**

Date Achieved: 2009.10.05

W5: Due to an inability to use the OCR to scan my life chronology to a word document, I had decided to retype the entire document. With exception to minor smoke breaks, the full stats. Of this record are as such; Double Lined 64 Pages, Single Lined 32 Pages, 9,038 Words, 40,457 Characters (no spaces), 791 Paragraphs, and 937 Lines of type.

Index Number: PR-563

Record Name: **Most Data Entry – MS Excel (Spreadsheet) in 24 hours**

Personal Record: **4,020 cells (1,005 rows, 4 columns)**

Date Achieved: 2024.08.05

W5:

Index Number: PR-564

Record Name: **Best Quote (Published)**

Personal Record: ***“Life is the no. 1 killer worldwide”, “500 years from now, none of this will matter. It will be a trivia game for the children. If I'm fortunate enough there will even be a question about me.”***

(Published in the Edmonton, Journal-Venting)

Date Achieved: 2005.08.18 and 2005.06.18

Index Number: PR-565

Record Name: **Best Quotes (in my opinion)**

Personal Record: ***“Low self-esteem can be dangerous to one’s overall health”, “The hardest thing in the world to do is to believe in yourself when no one else in the world believes in you”, “I do things out of the ordinary hoping to stumble unto the extra-ordinary”, “The biggest problem with our society is that no one can agree on what our greatest problems are.”***

Date Achieved: 2020.02.17

Index Number: PR-566

Record Name: **Most Popular Public Poll**

(BuzzDash)

Personal Record: **Do you believe there are secret conspiracies within our government?**

(865 Votes in 25 Days or 34.6 Votes/Day)

Date Achieved: 2008.11.06 to 2008.12.01

Index Number: PR-567

Record Name: **Most Prized Writing**

Personal Record: **Prize of exotic jams (Fruit Basket)**

(Platinum Rule VS Golden Rule)

(Commentary based on the moral, Treat others as they

Wish to be treated)

(Televised contest, Big Breakfast, A-Channel)

Date Achieved: 2005.08.10

Index Number: PR-568

Record Name: **Best Grammar & Punctuation – (Columns)**

Personal Record: **3 to 4 errors (Our Voice – Editor)**

(Sorry there are no Answers, only Resolution)

Date Achieved: 2006.03.10

Index Number: PR-569

Record Name: **Shortest Poetry Written**

Personal Record: **17 Words**

Date Achieved: Un-Known

W5:

I may die tonight,

I may die tomorrow,

But the real question is;

Will I die right?

Index Number PR-570

Record Name: **Public Speaking - Largest Audience**

Personal Record: **179+ People**

Date Achieved: 2025.10.30

W5: As part of the PADA organized ADAP Protest at the Alberta Legislature, I spoke to over 179 people (as seen on video) on 2025 10 30. However there may have been a few hundred in attendance.

YouTube Link: <https://youtu.be/K9wN5CoP5w0?si=W9ka4r89Yjo3mheC>



Theme 3 – Academic

Category 2 – Academia

Subcategory 3 – Social Media

Facebook

Index Number: PR-571

Record Name: **Most Facebook Friends**

Personal Record: **501 Friends**

Date Achieved: 2026.07.19

Index Number: PR-573

Record Name: **Most Followers as a Digital Creator**

Personal Record: **1,185 Followers**

Date Achieved: 2026.07.20

Index Number: PR-574

Record Name: **Longest Facebook Post**

Personal Record: **2,481 Words (13,872 characters)**

Date Achieved: 2016.07.24

W5: 2016 10 13 at 12:38pm.

Index Number: PR-577

Record Name: **Most Liked Link (my own) shared on a Facebook Post**

Personal Record: **66 Likes**

Date Achieved: 2026.06.01

W5: Posted on 2026.06.01 at 7:00pm.

Index Number: PR-578

Record Name: **Most Facebook Friends Tagged in a Facebook Post**

Personal Record: **52 Friends**

Date Achieved: 2016.07.10

W5: 2016 07 10 at 4:52pm

Index Number: PR-579

Record Name: **Most Reactions for a Written Facebook Post (Facebook Profile)**

Personal Record: **296 Reactions**

Date Achieved: 2026.05.05

W5: Posted on 2026 05 05 at 3:00pm. I had posted my written essay, Why ADAP would be detrimental to my mental health and explained that my essay was going to be tabled in the Alberta Legislature by MLA, Marie Renaud. The written Facebook post received 296 reactions (160 likes, 93 care, 42 hearts, and 1 sad). It received 45 comments and was shared 41 times.

Index Number: PR-580

Record Name: **Most Comments on a Written Facebook Post (Facebook Profile)**

Personal Record: **45 Comments**

Date Achieved: 2026.05.05

W5: Posted on 2026 05 05 at 3:00pm. I had posted my written essay, Why ADAP would be detrimental to my mental health and explained that my essay was going to be tabled in the Alberta Legislature by MLA, Marie Renaud. The written Facebook post received 45 comments, 296 reactions, and was shared 41 times.

Index Number: PR-576

Record Name: **Most Shared Written Facebook Post (Facebook Profile)**

Personal Record: **41 Shares**

Date Achieved: 2026.05.05

W5: Posted on 2026 05 05 at 3:00pm. I had posted my written essay, Why ADAP would be detrimental to my mental health and explained that my essay was going to be tabled in the Alberta Legislature by MLA, Marie Renaud. The written Facebook Post was shared 41 times and received 296 reactions and 45 comments.



Index Number: PR-581

Record Name: **Most Reactions to a Picture posted to Facebook (Facebook Profile)**

Personal Record: **639 Reactions**

Date Achieved: 2026.03.27

W5: Posted on 2026.03.27 at 12:32pm. A picture I posted of me holding 5,674 signatures for my paper petition opposing ADAP with a description received 639 reactions (484 likes, 118 hearts, 36 care, and 1 shocked), 56 comments, and was shared 81 times.

Index Number: PR-582

Record Name: **Most Comments on a Picture posted to Facebook (Facebook Profile)**

Personal Record: **56 Comments**

Date Achieved: 2026.03.27

W5: Posted on 2026.03.27 at 12:32pm A picture I posted of me holding 5,674 signatures for my paper petition opposing ADAP with a description received 56 comments, 296 reactions, and was shared 81 times.

Index Number: PR-593

Record Name: **Most Shared picture on Facebook (Facebook Profile)**

Personal Record: **81 Shares**

Date Achieved: 2026.03.27

W5: Posted on 2026.03.27 at 12:32pm A picture I posted of me holding 5,674 signatures for my paper petition opposing ADAP with a description was shared 81 times, receiving 296 reactions and 56 comments.



Index Number: PR-583

Record Name: **Most Viewers during a Facebook Live Video**

Personal Record: **112 Viewers (117 Views)**

Date Achieved: 2016.05.09

W5: 2016 05 09 at 4:20pm.

Index Number: PR-584

Record Name: **Most Comments during a Facebook Live Video**

Personal Record: **32 Comments**

Date Achieved: 2016.11.04

W5: 2016 11 04 at 2:54pm. ***This is also the official record for most comments on a Facebook Video.

Index Number: PR-586

Record Name: **Most Popular Facebook post in a Facebook Page or Group**

Personal Record: **299 likes**

Date Achieved: 2026.03.21

W5: A photo of me holding a stack of 4,020 signatures, titled My Stop ADAP Save AISH Petition now has 4,020 signatures posted in The AISH Page Facebook Group received 299 likes. The photo was originally posted 2026 02 27. As a note the paper petition now has 5,541 signatures.



Index Number: PR-587

Record Name: **Most Shares of a Personal Post in a Facebook Group.**

Personal Record: **63 shares**

Date Achieved: 2025.10.12

W5: “People who reside in or near Edmonton can now sign the paper petition to stop ADAP and save AISH in person at the following location”

<https://www.darryllearie.com/2025/09/petition-to-cancel-adap.html>

posted in the “Enough is Enough UCP!” – Edmonton Facebook group was shared 63 times and received 14 likes.

Index Number:PR-588

Record Name: **Most Reactions to a Video Reel posted to Facebook (Facebook Profile)**

Personal Record: **1,197 Reactions**

Date Achieved: 2026.07.17

W5: Posted 2026 07 17 at 3:36pm. The video reel, “10 UCP decisions that have made life significantly more difficult for disabled Albertans” received 1,197 reactions (637 likes, 273 angry, 177 sad, 70 care, 22 hearts, 11 laughs, and 7 shocked), 295 comments, and was shared 802 times. It was viewed 37,221 times.

Index Number: 575

Record Name: **Most Comments on a Video Reel posted to Facebook (Facebook Profile)**

Personal Record: **446 Comments**

Date Achieved: 2026.05.19

W5: Posted 2026 05 19 at 5:54pm. The video reel, “AISH / ADAP couples / roommates could lose \$465/month in August 2026 and lose \$818/month in 2028” received 446 comments, 389 reactions, and was shared 263 times. It was viewed 31,290 times.

Index Number:PR-572

Record Name: **Most Shared Video Reel posted to Facebook (Facebook Profile)**

Personal Record: **802 Shares**

Date Achieved: 2026.07.17

W5: Posted 2026 07 17 at 3:36pm. The Facebook Reel “10 UCP decisions that have made life significantly more difficult for disabled Albertans” uploaded 2026 07 17 at 3:25 pm was shared 802 times. The Facebook reel received 1,197 reactions, 295 comments, and was viewed 37,221 times. And led to a gain of 86 new followers.



Index Number: PR-589

Record Name: **Most Viewed Video Reel Posted to Facebook (Facebook Profile)**

Personal Record: **37,221 views**

Date Achieved: 2026.07.17

W5: Posted 2026 07 17 at 3:36pm. The Facebook Reel “10 UCP decisions that have made life significantly more difficult for disabled Albertans” uploaded 2026 07 17 at 3:25 was viewed 37,221 times. The video reel received 1,197 reactions, 295 comments, and was shared 802 times.

Index Number: PR-585

Record Name: **Most Shared Video Reel posted to Facebook in 24 Hours - Most Viral (Facebook Profile)**

Personal Record: **548 Shares**

Date Achieved: 2026.07.17

W5: Posted on 2026 07 17 at 3:326. The video reel, “10 UCP decisions that have made life significantly more difficult for disabled Albertans” was shared 548 times within 24 hours. During those 24 hours it received 840 reactions, 181 comments, and was viewed 22,794 times. It also resulted in a gain of 51 new followers. The share to like ratio during its first 24 hours was 65% meaning for every 100 people who reacted with a like or other emoticon 65 of those people shared it. Later the share to like ratio reached a peak of 67.3%.

Index Number: PR-590 RS-107

Record Name: **Most People To Join A Face book Group (24 Hours)**

Personal Record: **421 People**

Date Achieved: 2011.07.10

W5: The Face book Group name was aptly named, ”Don’t let Casey Anthony profit from Caylee’s Death.”

Links:

RecordSetter Link; <http://recordsetter.com/world-record/people-join-facebook-group-thr-first-24-hours/8862>

Face book Link; <http://www.facebook.com/groups/215615618474457>

Index Number: PR-591 RS-108

Record Name: **Most Push-Up World Record Holders to Join A Facebook Fan Page**

Personal Record: **9 Push-Up World Record Holders**

Date Achieved: 2012.01.08

W5: The Members of The Official Push-Up Hall of Fame include; 1-Darryl Learie, 2-Roy Berger, 3-Alicia Weber, 4-Giuseppe Cusano, 5-Charles Servizio, 6-Flavio Codarin, 7-Shaun McDaniel, 8-Robert Lewis Knecht, and 9-Michael Gooch.

Links:

RecordSetter Link; <http://recordsetter.com/world-record/push-up-world-record-holders-join-facebook-fan-page/12829>

Index Number: PR-592

Record Name: **Largest Facebook Page Created**

Personal Record: **643 Likes 639 Follows "I made it into the Ripley's Believe It or Not Book"**

Date Achieved: 2019.06.03

W5: The second largest Facebook Page created is the, "The Push-Up Hall of Fame" with 610 likes, and 616 Follows.

I made it into the Ripley's Believe It or Not Book Link:

<https://www.facebook.com/IMadeItIntoTheRipleysBelieveItOrNotBook/>

Push-Up Hall of Fame Link:

<https://www.facebook.com/TheOfficialPushUpHallOfFame/>

Index Number: PR-594

Record Name: Most "Happy Birthday's" Posts Received.

Personal Record: 40 Happy Birthday's

Date Achieved: 2019.12.06

W5: 40 people posted," Happy Birthday" to my Facebook 40 times.

Blogger

Index Number: PR-595

Record Name: **Most Successful Blog (Blogger)**

Personal Record: **85,050 Views in 4,169 days**

Date Achieved: 2014.10.11 to 2026.03.11

W5: 85,050 views in 4,169 days work out to an average of 20 views per day. As a note, there is 223,475 documented views within Blogger's statistics, but this number may be largely misleading due to web crawlers and such. The 85,050 views is the sum of all 27 posts (average of 3,150 visits/post) and therefore is the more reliable figure.

Link: www.darryllearie.com

Index Number: PR-596

Record Name: **Most Page Views in 1 Month (30 days) (Blogger)**

Personal Record: **5,951 Page Views**

Date Achieved: 2026.02.09 to 2026.03.11

W5: 5,951 Page views over 30 days from 2026 02 09 to 2026 03 11. This includes all blog posts. This works out to an average of 198 page views per day for the sum of all 27 posts.

Link: www.darryllearie.com

Index Name: PR-597

Record Name: **Most Page Views for a Blog Post**

Personal Record: **28,401 Page Views**

Date Achieved: 2016.02.22 to 2026.03.11

W5: The blog post, "Darryl Learie – Social Media Statistics and Records" received a total 28,401 page views.

Link: <http://www.darryllearie.com/2016/11/darryl-learie-social-media-statistics.html>

Index Name: PR-598

Record Name: **Most Liked Blog Post (Google+)**

Personal Record: **4 Google+ Likes**

Date Achieved: 2014.11.06 to 2017.05.20

W5: The blog post, "A message for every High School Principle" received 4 Google+ Likes. And received 321 views from 2014.11.06 to 2017.08.30.

Link: <http://www.darryllearie.com/2014/11/a-message-for-every-high-school-teacher.html>

Index Name: PR-599

Record Name: **Longest Blog (Blogger)**

Personal Record: **11,202 Words (70,884 characters - no spaces)**

Date Achieved: 2014.11.29

W5: The blog post, "Athletic Records of Darryl Learie" contained 11,202 words (70,884 characters not including spaces). This works out to approximately 65 pages.

Link: http://www.darryllearie.com/2014/11/normal-0-false-false-false-en-us-x-none_2.html

Index Number: PR-600 RS-109

Record Name: **Most Pictures in a Blog Post**

Personal Record: **147 Pictures**

Date Achieved: 2016.02.06

W5: The blog post, "My Best Pictures - Darryl Learie (147 Pictures of Darryl Learie)" contained 147 pictures.

All of which were pictures of me. The RecordSetter record is for "most pictures of one's self in a blog".

Link: <http://www.darryllearie.com/2016/02/my-best-pictures-darryl-learie-147.html>

RecordSetter Link: <https://recordsetter.com/world-record/pictures-ones-self-blog/46097>

Website (Personal Website)

Index Number: PR-601

Record Name: **Most Popular Website *May No Longer be a record**

Personal Record: **2,136 Visitors in 1,329 Days (1.6 Visitors per Day)**

Date Achieved: 2011.03.02 2014.10.21

Links:

Website Link: <http://darryl-learie.wikispaces.com/home>

Index Number: PR-602

Record Name: **Longest Running Website**

Personal Record: 11 Years, 151 Days (4,169 Days)

Date Achieved: 2014.10.11 to 2026.03.11

Website Link: www.darryllearie.com

Index Number: PR-603

Record Name: **Largest Personal Website**

Personal Record: **136 Mb**

Date Achieved: 2011.03.02 - 2014.10.21

Links:

Website Link: <http://darryl-learie.wikispaces.com/home>

Index Numbers: PR-604

Record Name: **Most Visitors to a Website in 24 Hours**

Personal Record: **421 Visitors**

Date Achieved: 2026.03.11

Links:

Website Link: <https://www.darryllearie.com/2025/09/petition-to-cancel-adap.html>

W5: However, Blogger statistics show that a total 975 people visited www.darryllearie.com on the same day of 2026 03 11. But there is a much higher confidence in the 421 visitors to the blog post, petition to cancel adap in the last 24 hours.

Index Number: PR-605 RS-110

Record Name: **Most Links to another Website(s) from my personal Website**

Personal Record: **3,614 Links**

Date Achieved: 2011.05.07

W5: 3,614 Links to RecordSetter.com from my Personal Website

RecordSetter Link; <http://recordsetter.com/world-record/links-single-personal-web-page-the-urdb-website/7351>

Google Maps (Street View)

Index Number: PR-606

Record Name: **Most Photos shot for Google Maps (Street View)**

Personal Record: **8,922 Photos & Videos (4,931 360-Photos, 2,630 2D-Photos, 1,361 videos) – 84,422,660 Views**

Date Achieved: 2016.05.28 to 2026.04.02

W5: From 2016 05 28 I shot and uploaded a total of 7,561 photos of 660 places for Google Maps. 4,931 were 360 photos, and 2,630 were normal 2D photos. Over 3,596 days (9 years, 309days) my photos & videos have received 84,422,660 views. That works out to be an average of 23,476 views per day or an average of 9462 views per photo & video. I reached level 9 with 50,730 points. To date I have made 9,570 contributions.

And from 2020 10 24 I shot and uploaded 1,361 videos of 64 places which received a total of 11,340,994 views.



Darryl Learie
Local Guide Level 9

[Edit profile](#)

I am passionate about photography, videography & contributing to Google Maps. I want to be the best when it comes to revealing my City of Edmonton, Alberta, Canada. [Less](#)

50,730 points >

50,000 100,000

Contribute Reviews **Photos** Edits Answers

88,850,953 views Views ▾

Index Number: PR-607

Record Name: **Most Views for a Photo Taken (Google Maps (Street View))**

Personal Record: **1,492,877 Views**

Date Achieved: 2016.05.28 to 2023.06.14

W5: A 360-photo of Hawrelak Park, Edmonton has accumulated 1,492,878 views as of 2023 06 14.

Link: https://www.google.com/maps/contrib/108886804374320439089/photos/@53.5267222,-113.5509284,3a,75y,22.5h,85t/data=!3m7!1e1!3m5!1sAF1QipMGYbMHdi_0b0UMb4x2_kgeuQpyi-KHaakDdOhI!2e10!6shttps:%2F%2Flh5.googleusercontent.com%2Fp%2FAF1QipMGYbMHdi_0b0UMb4x2_kgeuQpyi-KHaakDdOhI%3Dw520-h260-k-no!7i5376!8i2688!4m3!8m2!3m1!1e2



Index Number: PR-608

Record Name: **Most Views for a 2D Photo Taken (Google Maps (Street View))**

Personal Record: **1,396,490 Views**

Date Achieved: 2023.08 to 2026.03.07

W5: A picture taken of Rundle Park.

Link:

<https://www.google.com/maps/contrib/108886804374320439089/place/ChIJexb5zDA9oFMRBYinvpIN14E/@53.5550042,-113.5532007,11z/data=!4m6!1m5!8m4!1e2!2s108886804374320439089!3m1!1e2?entry=ttu>



Rundle Park

2909 113 Ave NW, Edmonton, AB T5W 0P3



Index Number: PR-609

Record Name: **Most Views for a 2D Photo of an animal Taken (Google Maps (Street View))**

Personal Record: **313,478 Views**

Date Achieved: 2021.07.23 to 2026.03.07

W5: A photo taken of 2 meerkats at the Edmonton Valley Zoo received 313,478 views and 17 likes.

Link: https://www.google.com/maps/contrib/108886804374320439089/photos/@53.5109055,-113.5535637,3a,75y,90t/data=!3m7!1e2!3m5!1sAF1QipORWp5yx1viASYmIL_vJ6GFY0MaQihUnlbTla1F!2e10!6shttps:%2F%2Flh5.googleusercontent.com%2Fp%2FAF1QipORWp5yx1viASYmIL_vJ6GFY0MaQihUnlbTla1F%3Dw365-h264-k-no!7i4607!8i3339!4m3!8m2!3m1!1e2



Edmonton Valley Zoo

13315 Buena Vista Rd NW, Edmonton, AB T5J 2R7



Index Number: PR-610

Record Name: **Most Views for a 2D Drone Photo Taken (Google Maps (Street View))**

Personal Record: **115,087 Views**

Date Achieved: 2020.07.16 to 2026.03.07

W5: A 2D Drone photo of the Talus Dome reached 115,087 views.

Link: https://www.google.com/maps/contrib/108886804374320439089/photos/@53.5046395,-113.5658884,3a,75y,90t/data=!3m7!1e2!3m5!1sCIHM0ogKEICAgIC8v_KmaQ!2e10!6shttps:%2F%2Flh3.googleusercontent.com%2Fgps-cs%2FAOGcYQT1U7krPG3gbFYtRkiucQWDz2fjbs0FE-5UHhIIXuo_ytfBSubGur5dEnKfeRSzRBJ4H_Z-Vylava2CB7M9JqF4cEXMILy65_wNuphZQduDDSiCGnOjqW9pi4Zt5MJYtKizk1Y%3Dw462-h260-k-no!7i4000!8i2250!4m3!8m2!3m1!1e2?entry=tu&g_ep=EgoyMDI2MDMwNC4xIKXMDSOASAFQAw%3D%3D



Talus Dome

Edmonton, AB T6H 4S3



Index Number: PR-611

Record Name: **Most Views for a 360 Drone Photo Taken (Google Maps (Street View))**

Personal Record: **47,005 Views**

Date Achieved: 2020.01 to 2026.03.07

W5: A 360 Drone photo of the Belmead, Edmonton reached 47,005 views.

Link: https://www.google.com/maps/contrib/108886804374320439089/photos/@53.5253855,-113.6360288,3a,75y,90t/data=!3m7!1e1!3m5!1sAF1QipP4Gx2ufsdhhDBYabEicACD0ZYciR_0pp_OBwrV!2e10!6shhttps:%2F%2Fh5.googleusercontent.com%2Fp%2FAF1QipP4Gx2ufsdhhDBYabEicACD0ZYciR_0pp_OBwrV%3Dw365-h260-k-no-pi-10-ya320-ro-0-fo100!7i5376!8i2688!4m3!8m2!3m1!1e2?entry=ttu



Belmead School

9011 182 St NW, Edmonton, AB T5T 2B4



Index Number: PR-612

Record Name: **Most Views for a Video Taken (Google Maps (Street View))**

Personal Record: **934,301 Views**

Date Achieved: 2021.11 to 2026.03.07

W5: A Video of the Sheraton New York Times Square Hotel reached 934,301 views.

Link: https://www.google.com/maps/contrib/108886804374320439089/photos/@40.7625811,-73.9811139,3a,75y,90t/data=!3m7!1e5!3m5!1sCIHM0ogKEICAgICGhb6XMg!2e10!6shhttps:%2F%2Fh3.googleusercontent.com%2Fgps-cs%2FAOGcYQTfZQB7xd6uSNHCK4cY4mZkPfy0V-UyMVEq3_ilusmaNglhP3INZi_eBl8BrA-Pk1AclZWol22EHHpDkFqPGrcoEV4NZm8_Xh97IgKi7TkunCqfE3ZMJvoKO5w5Sfi8zhVQFey4%3Dw462-h260-k-no!7i1920!8i1080!4m3!8m2!3m1!1e2?entry=ttu&g_ep=EgoyMDI2MDMwNC4xIKXMDSOASAFQAw%3D%3D



Sheraton New York Times Square Hotel

811 7th Avenue, W 53rd St, New York, NY 10019, United...



Index Number: PR-613

Record Name: **Most Views for a Review (Google Maps (Street View))**

Personal Record: **22,433 Views**

Date Achieved: 2023.06.14

W5: A review I did for the Santa Monica Pier in California, United States received 22,433 views.

Index Number: PR-614

Record Name: **Most Likes for a Review (Google Maps (Google Maps (Street View))**

Personal Record: **33 Likes**

Date Achieved: 2021.12.07

W5: A review I did for a Junior High School, Hillcrest School I attended during my 9th grade received 23 Likes.

4:33

X

Darryl Learie

★ ★ ★ ★ ★

5 years ago

I attended this school during the 1989/1990 school year for my grade 9.

The first 2 weeks were fine but after that things got very bad very quickly.

I was (for the first time in my life) relentlessly bullied. On an almost daily basis other students threatened me, threw things at me, and physically pushed me into lockers.

Once a student physically attacked me in drama class while the teacher stood and watched. Another time another student attempted to drop a garbage can on me from the roof top (I had to face him in court over the event).

There was no support, to avoid the bullying I started skipping school - to only get penalized by the un-empathetic principle.

The students seemed violent always talking about provoking fights with the neighbouring school. One of my classmates was punched in the face without any warning what so ever.

In gym class, we were taking up wrestling, I accidentally broke my partners arm , and since he too was not all that popular - students came up to me congratulating me! (It was sickening)

A few years later I approached the school to do with the bullying I encountered and the school told me,"our school does not have a bullying problem." (Dishonest staff - unwilling to do what's right).

I know it's 2016 but the truth needs to be told.

This school emotionally scarred me.

Helpful 23

4:33

<

Reviews

Hillcrest School

School

15 km

...

★ ★ ★ ★ ★

5 years ago

I attended this school during the 1989/1990 school year for my grade 9....

5,804 views

23

Index Number: PR-615

Record Name: Most Followers on (Google Maps (Street View))

Personal Record: 166 Followers

Date Achieved: 2025.05.12

10:12



Darryl Learie

Local Guide Level 9 · 50,485 points

Edit profile

9,535

contributions

166

followers

6

following

Index Number: PR-616

Record Name: **Most 360-Photos shot in 24 Hours for Google Maps (Street View)**

Personal Record: **323 360-Photos**

Date Achieved: 2016.11.24

W5: I shot 323 photos for Google Maps (Street View) on 2016 11 24 in Tiger Gold Stick Park.

Street View

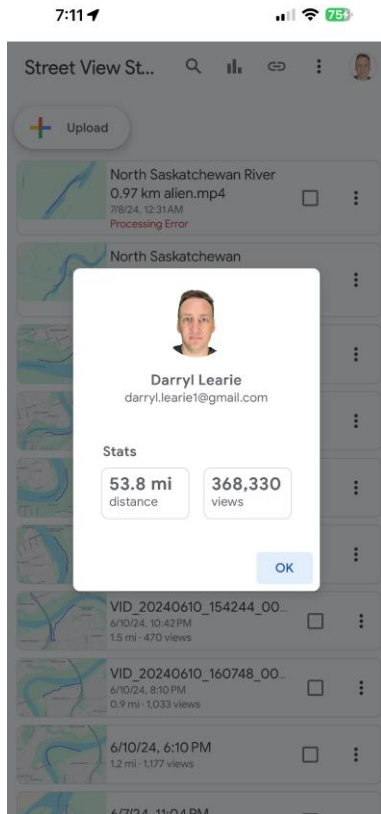
Index Number: PR-617

Record Name: **Google Street View (Overview)**

Personal Record: **53.8 Miles – 368,469 Views**

Date Achieved: 2023.04.23 to 2026.04.02

W5: I created 53.8 miles of Blue Lines from 2023 04 23 to 2024 07 08.



Index Number: PR-618

Record Name: **Most Views for Google Street View Blue Line**

Personal Record: **24,854 Views**

Date Achieved: 2023.04.23

W5: 1.7-mile Blue Line around Beaumaris lake resulted in 24,854 Views.

Index Number: PR-619

Record Name: **Longest Google Street View Blue Line**

Personal Record: **1.8 Miles**

Date Achieved: 2024.05.30

W5:

Index Number: PR-620

Record Name: **Longest Distance Walked with Alien Mask on while Recording a Blue Line**

Personal Record: **3.77 Miles – 62:24 Minutes**

Date Achieved: 2024.05.30

W5: I walked 3.77 miles while wearing the Alien Mask for 62 minutes, 24 seconds while recording a Blue Line with along the walking river valley pathways in St. Albert. The longest continuous distance without taking off the Alien Mask is 1.76 miles over 29 minutes, 2 seconds.

Index Number: PR-621

Record Name: **Longest length of Blue Lines Recorded in 24 Hours**

Personal Record: **3.9 Miles**

Date Achieved: 2024.06.07

W5:

Index Number: PR-622

Record Name: **Most Recognition for my Work in Google Maps/Street View**

Personal Record: **CTV News Edmonton Interviews me about Google Maps/Street View Contribution**

Date Achieved: 2024.07.15

W5: I had started dressing up as a space alien (NASA Alien) while shooting 360 photos for Google Street View because the software would automatically blur out my face and I thought this would be funnier and more interesting as the software would not recognize the non-human alien mask.

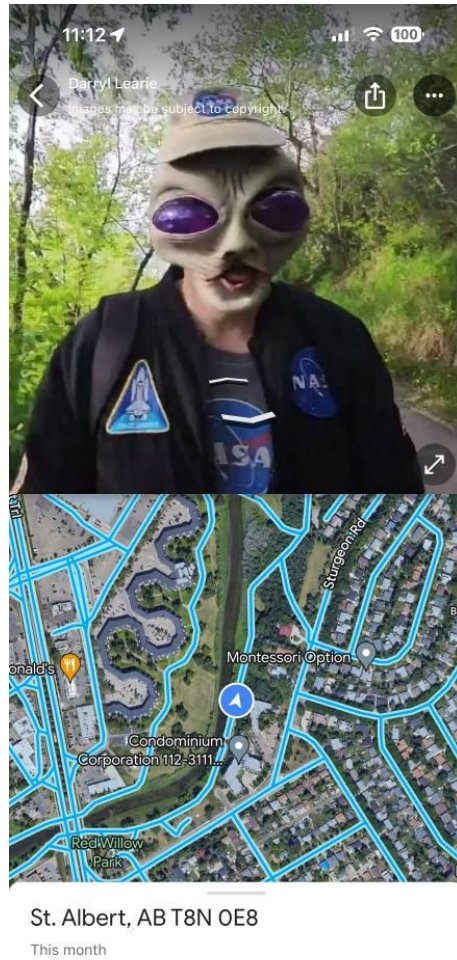
I was on CTV News Edmonton TV on 2024 07 15 then on radio station 89.3, The Raven & CFWE on 2024 07 16 then on internet radio station iHeart, Shane Hewitt and The Night Shift as well as radio station 630 Ched on 2024 07 18. I used my radio station interviews to also advocate for the importance of donating blood to save lives.

Needs update on stats.

Links;

CTV News Edmonton Article: <https://www.ctvnews.ca/edmonton/article/edmonton-man-contributes-thousands-of-photos-to-google-while-dressed-as-an-alien/>

CTV News Edmonton (YouTube): https://youtu.be/rsCeHXXPp_4?si=woL26kqXAzHoJBTh



Instagram

Index Name: PR-623

Record Name: **Most Pictures Uploaded to Instagram**

Personal Record: **3,720 Photos**

Date Achieved: 2016.03.17 to 2023.06.14

W5: From 2016 03 17 to 2020 01 13 (1,397 days - 3 years, 9 months, 27 days) I uploaded 2,800 photos. That works out to 2 photos uploaded per day. Of those 2,800 photos, 650 were 3D photos, 379 were 360-photos, 37 were FX photos (special effect photos), and 15 were 3D 360 photos.

Instagram Analytics began on 2016 09 04. From 2016 09 04 to 2020 01 13 during analytics 2,627 photos were uploaded. During that time I received 38,030 Likes (avg. 14.47 likes/photo), 64,308 total views (avg. 24.47 views/photo), 13,936 views reached new accounts.

The percentage of Likes in ratio to Views is 59.13% (38,030 Likes / 64,308 Views = 59.13 %). The Instagram profile, "darryllearie." That means 59.13% of people who see my photo 'Like' it.

Out of those 2,627 photos were also 878 comments. That works out to a comment for every 2.99 photos.

This has also lead to 983 profile views and 20 website clicks.

Link: <https://www.instagram.com/darryllearie/?hl=en>

Index Name: PR-624

Record Name: **Most Liked Picture Uploaded to Instagram**

Personal Record: **83 Likes**

Date Achieved: 2017.06.11

W5: A 3D photo of a Sea Lion shot at the Edmonton Valley Zoo on 2017 06 11 received 82 Likes on Instagram.

Link: <https://www.instagram.com/p/BVOOtdXFnZJ/?taken-by=darryllearie&hl=en>



Index Name: PR-625

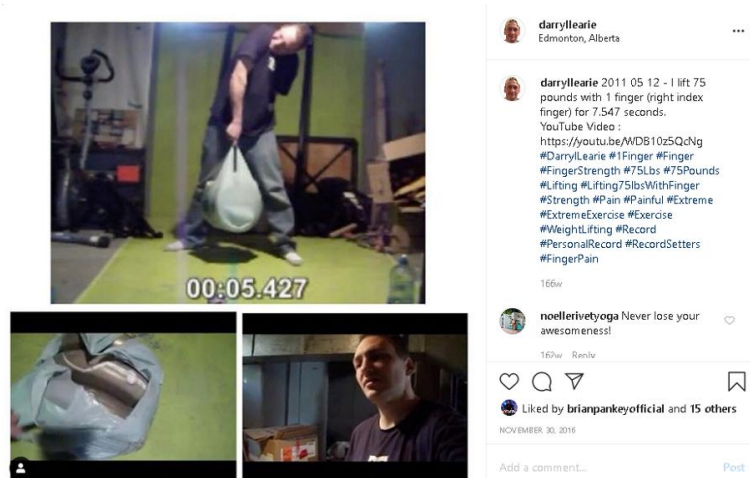
Record Name: **Most Viewed Picture Uploaded to Instagram**

Personal Record: **871 Views**

Date Achieved: 2017.03.05

W5: A picture of me lifting 75 lbs with 1 finger uploaded on 2017 03 05 received 871 views on Instagram.

Link: https://www.instagram.com/p/BNcmVQ6hu1_/?tagged=darryllearie&hl=en



Index Name: PR-626

Record Name: **Most Followers on Instagram**

Personal Record: **740 Followers**

Date Achieved: 2017.08.13

W5: On 2017 08 13, my Instagram, 'darryllearie' had accumulated 740 followers.

Index Name: PR-627

Record Name: **Most Commented On Picture Uploaded to Instagram**

Personal Record: **7 Comments**

Date Achieved: 2017.07.24

W5: A picture of my holding the 3rd book I was published in uploaded to Instagram recieved a total 7 comments.

Link: <https://www.instagram.com/p/BW8XheyIDtF/?hl=en&taken-by=darryllearie>

Index Name: PR-628

Record Name: **Highest Approval Rating for an Instagram Photo**

Personal Record: **29 Likes / 30 Views – 96.6%**

Date Achieved: 2019.05.26

W5:

Index Name: PR-629

Record Name: **Most 'Likes' on Instagram in 24 hours**

Personal Record: **1,669 Likes**

Date Achieved: 2019.05.27

W5:

Index Name: PR-630

Record Name: **Most comments on Instagram in 24 hours**

Personal Record: **36 Comments**

Date Achieved: 2017.06.07

W5:

Twitter

Index Name: PR-631

Record Name: **Most Tweets on Twitter**

Personal Record: **4,943 Tweets**

Date Achieved: 2011.06.16 to 2021.12.14

W5: The @DarrylLearie Twitter account began on 2011 06 16 at 3:24pm. From 2011 06 16 to 2019 12 31 I have posted 4,135 tweets on Twitter. Twitter Analytics began on 2014 08 23.

From 2014 08 23 to 2019 12 31 I have posted 3,287 tweets, those 3,287 tweets have received 238,708 views, 2,214 engagements, 573 likes, 183 replies, and 132 retweets. Currently I have 187 followers on Twitter.

I have been on Twitter for 8 years, 6 months, 15 days or 3,120 days.

(Averages)

57.72 views / tweet

1 like / 7.21 tweets

1 reply / 22.59 tweets

1 retweet / 31.32 tweets

1.32 tweets / day

Index Name: PR-632

Record Name: **Most Followers on Twitter**

Personal Record: **347 Followers**

Date Achieved: 2025.12.28

Index Name: PR-633

Record Name: **Top Follower on Twitter**

Personal Record: **Hakeem Olusey (Astrophysicist – Science Educator) – followed by 26,600 people.**

Date Achieved: 2023.02.25

W5:

Index Name: PR-634

Record Name: **Most votes on a Twitter Poll**

Personal Record: **1,229 Votes**

Date Achieved: 2022.01.20

W5: The Twitter poll – How do you feel when you see a person not wearing a mask in places where masks are mandated ie grocery store? Posted 2022.01.29 6:40pm – 1,229 votes.

6:54

Dr. Deena Hinshaw @CMOH_Alberta · 1d

Here is a summary of the latest #COVID19AB numbers: There are now 1,131 people in hospital with COVID-19, including 108 in ICU. Complete, up-to-date data can be found here: alberta.ca/covid-19-alber... (1/7)

Cases in Alberta
alberta.ca

48 11 24

Darryl Learie @DarrylLearie

Replying to @CMOH_Alberta

How do you feel when you see a person not wearing a mask in places where masks are mandated ie. grocery store? #Covid19 #Masks #Covid19AB

Does not bother me.	28%
Somewhat annoyed.	24%
It really upsets me.	46%
Other - not mentioned.	2%

1,229 votes · Final results

6:40 PM · 2022-01-20 · Twitter for iPhone

View Tweet activity

4 Retweets 2 Likes

Tweet your reply

Home Search Activity Alerts Mail

Index Name: PR-635

Record Name: **Most Views for a Twitter Video**

Personal Record: **3,543 Views**

Date Achieved: 2020.05.01

W5: Posted 2020 05 01 at 4:40pm. The post received 1,064 Impressions was watched 3,543 times and had 395 engagements.



Index Name: PR-636

Record Name: **Most Likes for a Twitter Photo**

Personal Record: **84 Likes**

Date Achieved: 2021.06.17

W5: The photo of my second vaccination was seen 14,495 times (Impressions) with 1,199 engagements.) It was posted 2021 67 17 at 3:46pm. This is also the Twitter photo with the most views (Impressions) at 14,495.



Index Name: PR-637

Record Name: **Most Retweets for a Twitter Photo**

Personal Record: **27 Retweets**

Date Achieved: 2019.04.12

W5: Posted 2019 04 12 at 1:41pm this Twitter photo of Jon Carson and I was retweeted 27 times. The post received 8,617 Impressions (Views) and had 349 engagements.



Index Name PR-638

Record Name: **Most Likes & Retweets for a Lone Tweet Posted**

Personal Record: **39 Likes & 4 Retweets**

Date Achieved: 2017.08.09

W5: Posted 2017 08 09 at 9:23pm the following lone tweet received 39 Likes, and 4 Retweets. I had received 10,841 Impressions and 741 engagements. This is a record for a Tweet that is not in response to other tweets or addressing other Twitter users – It is simply posted on the Twitter time line.



Index Name: PR-639

Record Name: **Most Retweets & Quote Tweets for a Tweet**

Personal Record: **32 Retweets (3 Quote Tweets)**

Date Achieved: 2021.08.03

W5: A tweet posted on 2021 08 03 at 5:05 pm was retweeted 32 times including 3 quote tweets.



Index Name: PR-640

Record Name: **Most Replies for a Tweet**

Personal Record: **19 Replies**

Date Achieved: 2021.08.03

W5: A Tweet posted on 2021 08 03 at 5:05 pm received 19 replies.

Index Name: PR-641

Record Name: **Most Engagements for a Tweet**

Personal Record: **1,199 Engagements**

Date Achieved: 2021.06.17

W5: A Tweet posted on 2021 06 17 at 3:46 pm had 1,199 Engagements.

× **Tweet Analytics**



Impressions 14,496
times people saw this Tweet on Twitter

Total engagements 1,199
times people interacted with this Tweet

Index Name: PR-642

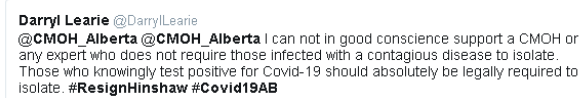
Record Name: **Most Viewed Tweet on Twitter**

Personal Record: **15,738 Views**

Date Achieved: 2021.08.03

W5: A Tweet posted on 2021 08 03 at 5:05 pm was viewed 15,738 times on Twitter.

× **Tweet Analytics**



Impressions 15,739
times people saw this Tweet on Twitter

Total engagements 866
times people interacted with this Tweet

Index Name: PR-643

Record Name: **Most Liked Tweet on Twitter**

Personal Record: **358 Likes**

Date Achieved: 2021.08.03

W5: A Tweet posted on 2021 08 03 at 5:05 pm received 358 Likes on Twitter.



Index Name: PR-644

Record Name: **Most Views for a Tweet Reply**

Personal Record: **15,739 Views**

Date Achieved: 2021.08.03

W5: A reply to another tweet on 2021 08 03 at 5:05 pm on Twitter received 15,739 views.

Index Name: PR-645

Record Name: **Most Impressions (Views) on Twitter in 1 Month**

Personal Record: **59,500 Views/Impressions**

Date Achieved: 2021.08.01 to 2021.08.31

W5:

AUG 2021 SUMMARY

Tweets

24

Tweet impressions

59.5K

Profile visits

1,640

Mentions

214

New followers

2

Google Profile

Index Name: PR-646

Record Name: **Google Profile - Most Views**

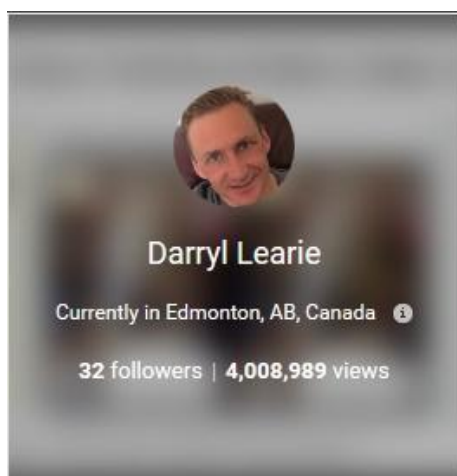
Personal Record: **4,008,989 Views**

Date Achieved: 2010.08.10 to 2017.01.23

W5: The older Google Profile that ended on 2017 01 23 had 4,008,989 Views, it is believed that all these views included the number of views of each item posted (including the views of the item itself whether it be a YouTube Video or a blog).

The new Google Profile began on 2016 12 24, and as of 2017 09 01 it has 32 Followers, 6,980 post views, 31 post comments, 48 Google+ likes, 70 shared posts, and 70 posts.

Link: <https://plus.google.com/u/0/+DarrylLearie>



Index Name: PR-647

Record Name: **Google Profile - Most Followers**

Personal Record: **33 Followers**

Date Achieved: 2017.06.21

Periscope

Index Name: PR-648

Record Name: **Periscope - Most Broadcasts**

Personal Record: **303 Broadcasts**

Date Achieved: 2015.05.11 to 2019.05.30

W5: Periscope is an app in which you can broadcast yourself via the phone camera live to other users of the app. From 2015 05 11 to 2019 05 30 I had broadcasted 303 episodes of myself in 1,480 days (avg. A broadcast every 4.8 days). In that time I received 259,120 hearts (855 hearts per broadcast). And currently have 576 Followers.

Index Name: PR-649

Record Name: **Periscope - Most Followers**

Personal Record: **745 Followers**

Date Achieved: 2016.04.06

Index Name: PR-650

Record Name: **Periscope - Most Live Viewers During (in and out) of a Single Broadcast**

Personal Record: **546 Live Viewers**

Date Achieved: 2015.08

W5: During a 52:46 minute broadcast named, "My wife getting drunk" I had 546 live viewers, 248 of those viewers were Periscope App Users, and the other 298 viewers were web viewers. This was by far the most popular broadcast I had with even 83 viewers at the same time.

Index Name: PR-651

Record Name: **Periscope - Most Live Viewers at the Same Time during a Broadcast**

Personal Record: **83 Viewers**

Date Achieved: 2015.08

W5: Broadcast, "My wife getting drunk"

Index Name: PR-652

Record Name: **Periscope - Most Live Periscope App User Viewers**

Personal Record: **248 Viewers**

Date Achieved: 2015.08

W5: Broadcast, "My wife getting drunk"

Index Name: PR-653

Record Name: **Periscope - Most Live Web Viewers**

Personal Record: **309 Web Viewers**

Date Achieved: 2015.06.24

W5: Broadcast, "Back by unpopular demand - the crappy puppet show - the worst puppet show on Periscope." Total Live Viewers was 372 viewers, the remaining 63 viewers were Periscope app users.

Index Name: PR-654

Record Name: **Periscope - Most Replays of a Single Broadcast (24 hours)**

Personal Record: **20 Replays**

Date Achieved: 2015.06.11

W5: The broadcast, "My top 10 Periscope Pet Peeves (this is my opinion)" was replayed 20 times by Periscope app users.

Index Name: PR-655

Record Name: **Periscope – Most Replays of a Single Broadcast (1 Year)**

Personal Record: **2,450 Replays (1 year)**

Date Achieved: 2018.01.07 to 2019.05.30

W5: 3,410 Replays over 508 days. "Party in the basement – wife turns 48."

Index Name: PR-656

Record Name: **Most Hearts given in a single Broadcast**

Personal Record: **4,052 Hearts**

Date Achieved: 2015.06.21

W5: Hearts on periscope are akin to Likes on Facebook. During the broadcast, "Late Night Chat ...Close to 100,000 hearts" I received a total 4,502 hearts from viewers that were Periscope app users.

Index Name: PR-657

Record Name: **Most Hearts given by a Single Periscope App User During a Single Broadcast**

Personal Record: **2,720 Hearts - Jessica Targett**

Date Achieved: 2015.05.21

Index Name: PR-658

Record Name: **Longest Broadcast on Periscope**

Personal Record: **2:50:27 Hours**

Date Achieved: 2015.09.08

W5: The broadcast, "Let's talk about my iPhone 6 battery" lasted 2 hours, 50 minutes, and 27 seconds in which 3 viewers watched the entire broadcast.

YouTube

Index Name: PR-659

Record Name: **YouTube Channel with the Most Views**

Personal Record: **2,011,770 Views ('Darryl Learie' YouTube Channel)**

Date Achieved: 2010.08.10 to 2026.04.02

W5: From 2010 08 10 to 2026 04 02 the "Darryl Learie" YouTube channel has received 2,011,770 views over 15 years, 235 days (5,714 days). This works out to be an average of 352 views per day on the channel or an average of 941 views per video (of all 2,137 videos uploaded).

The channel has received 6,560 likes (76.89%) and 1,971 dislikes (23.10%), 3,204 comments, 3,756 shares. The videos have been watched by viewers for a total time of 51,613 hours (5.89 years). The average viewing time for a video is 1:43 minutes. The channel also has 1,120 subscribers.

Link: <https://www.youtube.com/c/DarrylLearie/about>










Darryl Learie
 @DarrylLearie
 956 subscribers · 2K videos
 Hello, I am Darryl Learie, I li... >

Customize channel
 Manage videos

< S
 PLAYLISTS
 COMMUNITY
 CHANNELS
 ABC >

Description

Hello, I am Darryl Learie, I live in Edmonton, Alberta, Canada and was born on 1973, December 6th. I post random ideas, personal records (personal best), and nature, wildlife, and space videos in 4K, 3D, 360, and 3D-360 VR videos.

I am also a Guinness World Record Holder, A Ripley's Believe It or Not, and I am published in 5 books for my feats. My interests include the arts, like dancing, photography, videography, nature, wildlife, science, space and achieving personal records.

"I do things out of the ordinary - hoping to stumble unto the extra-ordinary."

- Darryl Learie

Stats

Joined Aug 10, 2010

1,883,250 views



Details

Location: Canada

Links

www.darryllearie.com

Index Number: PR-660

Record Name: **Fastest 1,000,000 Views towards a YouTube Channel**

Personal Record: **1,452 days (3 Years, 11 Months, 22 Days)**

Date Achieved: 2010.08.10 - 2014.08.01

W5: Darryl Learie YouTube Channel

Index Number: PR-661

Record Name: **Most YouTube Channel Views in 1 Year (Views from all YouTube Videos)**

Personal Record: **541,926 Views**

Date Achieved: 2012.09.26 to 2013.09.25

W5: "Darryl Learie" YouTube Channel.

Index Number: PR-662

Record Name: **Most YouTube Channel Views in 24 Hours (Views from all YouTube Videos)**

Personal Record: **50,422 Views**

Date Achieved: 2013.08.30

W5: "Darryl Learie" YouTube Channel.

Index Number: PR-663

Record Name: **Most YouTube Videos Uploaded to a YouTube Channel**

Personal Record: **2,137 Videos**

Date Achieved: 2026.03.13

W5: Darryl Learie YouTube Channel

Index Number: PR-664

Record Name: **Most Subscribers on a YouTube Channel**

Personal Record: **1,120 Subscribers**

Date Achieved: 2026.04.02

W5: The Darryl Learie YouTube channel reached 1,000 subscribers on 2024 05 20.

Index Number: PR-665

Record Name: **Most Videos Uploaded to a YouTube Channel in 1 Year**

Personal Record: **1,234 Videos**

Date Achieved: 2018.02.11 to 2019.01.16

W5: 1,234 Videos were uploaded to the, "Darryl Learie" YouTube channel in 1 year.

Index Number: PR-666

Record Name: **Most Videos Uploaded to a YouTube Channel in 1 Month (28 days)**

Personal Record: **631 Videos**

Date Achieved: 2018.04.02 to 2018.04.22

Index Number: PR-667

Record Name: **Most Videos Uploaded to a YouTube Channel in 1 Week (7 days)**

Personal Record: **339 Videos**

Date Achieved: 2018.04.16 to 2018.04.22

Index Number: PR-668

Record Name: **Most Videos Uploaded to a YouTube Channel in 1 day (24 hours)**

Personal Record: **96 Videos**

Date Achieved: 2018.04.16

Index Name: PR-669

Record Name: **Most Viewed YouTube Video**

Personal Record: **421,869 Views**

Date Achieved: 2010.08.15 to 2026.03.23

W5: The YouTube video, " World Record - Most 46,001 Push-Ups in 24 Hours - Charles Servizio" received 421,869 views over 5,699 days (15 years 220 days) which works out to an average of 74 views per day.

YouTube Link: <https://youtu.be/ymU2SD4-Gl4>

The top 2nd and 3rd YouTube Videos are as follows;

366,471 Views - "How to Remove Nicotine Stains From Fingers - Fast easy Guaranteed - Darryl Learie." 2012 02 18 to 2026 03 26.

YouTube Link: <https://youtu.be/1F8-d8LWEEc>

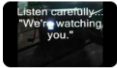
***My most viewed 'How To' Video

150,635 views - "Alien Abduction - Most Shocking - Strange Videos Caught on my cell phone - Proof." 2010 08 15 to 2026 03 26.

YouTube Link: <https://youtu.be/VXvUnduFjnw>

***My most viewed faked Video

Your top content in this period

Content	Average view duration	Views
1  World Record - Most 46,001 Push-Ups in 24 Hours Charles Servizio Aug 15, 2010	1:19 (12.2%)	421,869
2  How To Remove Nicotine Smoke Stains From Fingers - Fast - Easy - Guaranteed - ... Feb 18, 2012	2:19 (30.9%)	366,471
3  Alien Abduction - Most Shocking - Strange Videos Caught on my cell phone - proof I Aug 15, 2010	2:02 (55.6%)	150,635

Index Number: PR-670

Record Name: **YouTube Video Views in 24 Hours for a single YouTube Video**

Personal Record: **18,787 Views**

Date Achieved: 2013.07.07

W5: 18,787 Views - "World Record - Most 46,001 Push-Ups in 24 Hours Charles Servizio"

YouTube Link: <https://youtu.be/ymU2SD4-Gl4>

Index Number: PR-671

Record Name: **YouTube Video Views in 1 Week for a single YouTube Video**

Personal Record: **24,310 Views**

Date Achieved: 2013.07.07 to 2013.07.13

W5: - 24,310 views in 1 week for "World Record - Most 46,001 Push-Ups in 24 Hours Charles Servizio"

YouTube Link: <https://youtu.be/ymU2SD4-Gl4>

Index Number: PR-672

Record Name: **Most Likes on a YouTube Video**

Personal Record: **1,485 Likes**

Date Achieved: 2010.08.15 to 2026.03.26

W5: The YouTube video, "World Record - Most 46,001 Push-Ups in 24 Hours - Charles Servizio" received 1,011 Likes versus just 98 dislikes. That gives it an overall approval rating of 93.8%.

YouTube Link: <https://youtu.be/ymU2SD4-Gl4>

Index Number: PR-673

Record Name: **Most Comments on a YouTube Video**

Personal Record: **366 Comments**

Date Achieved: 2010.08.15 to 2026.03.23

W5: The YouTube video that has received the most comments is, "World Record – Most 46,001 Push-Ups in 24 Hours Charles Servizio" with 366 comments.

YouTube Link: <https://youtu.be/ymU2SD4-Gl4>

Index Number: PR-674

Record Name: **Most Shared YouTube Video**

Personal Record: **1,519 Shares**

Date Achieved: 2010.08.15 to 2026.03.23

W5: The YouTube video that has been shared the most is, "World Record – Most 46,001 Push-Ups in 24 Hours Charles Servizio" which has been shared 1,519 times.

YouTube Link: <https://youtu.be/ymU2SD4-Gl4>

Index Number: PR-675

Record Name: **Most Viewed 3D Video on YouTube**

Personal Record: **Massive Flooding at Walmart in HD 3D – 4,688 Views**

Date Achieved: 2013.05.30 to 2021.11.18

W5: The 3D YouTube video, “Massive Flooding at Walmart in HD 3D” received 4,688 views from 2013 05 30 to 2021 11 18. The video has 13 Likes with zero dislikes and 5 comments.

YouTube Link: <https://youtu.be/61JiGjKK-UM>

Index Number: PR-676

Record Name: **Most Viewed 4K Video on YouTube**

Personal Record: **Wabamun Lake, Alberta, Canada in 4K – 1,178 Views**

Date Achieved: 2018.07.28 to 2026.03.23

W5: The 4K video (3840x2160 pixels) ,” Wabamun Lake, Alberta, Canada in 4K” received 1,178 views from 2018 07 28 to 2026 03 23 with 5 Likes and 2 Dislikes (71.4% approval rating) and 1 comment.

YouTube Link: <https://youtu.be/BVwBq0anyok>

Index Number: PR-677

Record Name: **Most Viewed (4K) 3D-360 VR Video on YouTube**

Personal Record: **Mt daughter’s 21st Birthday in 3D 360 VR – 1,487 Views**

Date Achieved: 2018.08.26 to 2026.03.23

W5: Shot by the Vuze 3D 360 4K camera, the 3D-360 video, “My daughter’s 21st Birthday in 3D 360 VR” was viewed 1,487 times from 2018 08 26 to 2026 03 23 and has 8 Likes and 0 Dislikes.

YouTube Link: <https://youtu.be/IUsCa2PnBHA>

Index Number: PR-678

Record Name: **Most viewed Drone Video on YouTube**

Personal Record: **Drone by Alberta Legislature, Edmonton, Canada (DJI Mavic Mini) – 1,360 Views**

Date Achieved: 2020.04.25 to 2026.03.23

W5: The Drone by Alberta Legislature, Edmonton, Canada (DJI Mavic Mini) video received 1,360 views from 2020 04 25 to 2026 03 23. The video also received 23 Likes and 2 dislikes (95% approval rating)

YouTube Link: <https://youtu.be/OxSyxy1Y8kw>



Index Number: PR-679 RS-111

Record Name: **Longest HD Video Uploaded to YouTube**

Personal Record: **11:59:58 hours**

Date Achieved: 2016.02.21

W5: ***The longest HD Video uploaded to YouTube was also the longest 3D HD video uploaded to YouTube, "The Longest 3D (HD) Video on YouTube - 11:59:58 hours - Darryl Learie." It was made up of 90 3D clips from 2013 01 08 to 2015 12 29. And had an HD resolution of 720 X 1280 pixels at 29 fps. The file size was 16.62 GB (The largest file size uploaded to YouTube). There was no repeated scenes, static scenes or loops.

RecordSetter Link: <https://recordsetter.com/world-record/3d-hd-video-youtube/46211?autoplay=false>

YouTube Link: https://youtu.be/JTKBn_c4l2o

Index Number: PR-680 RS-112

Record Name: **Shortest HD Video Uploaded to YouTube**

Personal Record: **0.366 Seconds 25 FPS @ 9 Frames**

Date Achieved: 2014.10.16

W5: WMV 1280 X 720 (HD). "Shortest YouTube Video in HD ? - (0.36 seconds."

Links:

RecordSetter Link: <https://recordsetter.com/world-record/shortest-hd-video-youtube/38693>

YouTube Link: <http://youtu.be/dgUGvGxwvI>

Index Number: PR-681

Record Name: **Highest Resolution Video Uploaded to YouTube**

Personal Record: **3,840 X 2,160 (8,294,400 pixels) YouTube Setting 2160 4K**

Date Achieved: 2017.03.30

W5: Shot with the iPhone 6S Plus - 3,840 x 2,160 pixels (8,294,400 pixels) at 30 fps in mp4 format.

Links: <https://youtu.be/kepPufS5UE4>

Index Number: PR-682 RS-113

Record Name: **Lowest Resolution Video Uploaded to YouTube**

Personal Record: **16 X 24 pixels (384 pixels) YouTube Setting 144p**

Date Achieved: 2014.10.31

W5: " The Smallest Video Format Uploaded 16 X 24 pixels - 144p - Extreme Low Resolution"

Links:

RecordSetter Link: <https://recordsetter.com/world-record/smallest-video-format-uploaded-youtube-measured-pixels/38854>

YouTube Link: <http://youtu.be/kBCQRo8mJL0>

Index Number: PR-683

Record Name: **Most Subscribed To YouTube Channel in 1 Month**

Personal Record: **Viral Learie - 91st most subscribed this month in Canada**

(115 Subscribers – 5,901 Channel Views - 1,311 views/month)

(105 Videos Uploaded resulting in 50,098 views)

(Average of 108 Views/Video/Month)

On 2009 February 22nd, The Viral Learie Channel was the 91st most subscribed this month in Canada.

Date Achieved: 2009.02.19 to 2009.07.28

*** 138 days or 4 months, 2 weeks, and 2 days (benchmarked at 50,000 views)

W5: After 1 year, 2009.02.19 – 2010.02.21 (2009 February 19th to 2010 February 21st), I had 122 Subscribers, 85,781 Views, and 7,400 Channel Views. The video which accumulated the most views was; World Records – Push-Ups most in 24 hours with 27,192 views.

Index Number: PR-684

Record Name: **Most Effecting YouTube Video Promotion**

Personal Record: **353 views in 281 days** (1.25 Views/Day)

up to 1080 Views in the next 9 Days (80.7 Views/Day)

(Dance Demo 2005)

Date Achieved: 2008.08.16 to 2008.08.25

Index Number: PR-685 RS-114

Record Name: **Greatest Appreciation for a YouTube Video (Money)**

Personal Record: **\$ 35 dollars reimbursement for a Video**

Date Achieved: 2010.09.20

W5: I received \$ 35 dollars reimbursement by a fan for my video posted 2010 August 29th, “The Largest Balloon Ball/Clump made by 1 Man – 500 Balloons.”

The letter with the enclosed amount was sent on 2010 September 13th from Manchester NH 031, Unites States, by an unknown person.

RecordSetter Link: <http://recordsetter.com/world-record/anonymous-donation-non-commercial-youtube-channel/7470#contentsection>

YouTube Link: <http://youtu.be/2xPliK6XFIs>

Index Number: PR-686 RS-115

Record Name: **Smallest Video to Post On-line (YouTube)**

Personal Record: **13 by 9 pixels (The Smallest Video on YouTube – 13X9 Pixels)**

Date Achieved: 2010.09.01

W5: Seeking a YouTube first, an original concept in lieu of YouTube’s longest, and shortest video, I conceived the smallest video. The video features a black screen with the actual video centered within. The video itself is 757 times smaller than YouTube’s video frame.

RecordSetter Link: <http://recordsetter.com/world-record/smallest-video-youtube/6828#contentsection>

YouTube Link: <http://youtu.be/qR9-iyiqXHI>

Index Number: PR-687 RS-116

Record Name: **Longest HD Picture Slide Show on YouTube (1 Picture per Second)**

Personal Record: **15,430 Pictures (1 picture per second, duration 4:17:10 hours)**

Date Achieved: 2017.01.18

W5: "Largest Photo Slide Show on YouTube" in HD. On RecordSetter this record is known as the, Largest Picture Slide Show. Every Photo is unique - no duplicates. The photos ranged in date from 1885 02 11 to 2016 12 25.

RecordSetter Link: <https://recordsetter.com/world-record/picture-slide-show-youtube/50789>

YouTube Link: <https://youtu.be/K4O87o-Phrw>

Index Number: PR-688 RS-117

Record Name: **Fastest HD Picture Slide Show on YouTube**

Personal Record: **30 Pictures per Second (10,392 pictures in 5:47 minutes)**

Date Achieved: 2014.11.01

W5: This is also the record for most pictures in a slide show on YouTube.

RecordSetter Link: <https://recordsetter.com/world-record/picture-slide-show-youtube/38875>

YouTube Link: <http://youtu.be/r6q3iSfOZvw>

Index Number: PR-689 RS-118

Record Name: **Most Annotations On A YouTube Video With Links**

Personal Record: **18 Annotations**

Date Achieved: 2012.01.22

RecordSetter Link: RecordSetter.com Link; <http://recordsetter.com/world-record/annotations-youtube-video-linking-other-youtube-videos/13104>

YouTube Link: <http://youtu.be/XSnj9X7sRKM>

Index Number: PR-690 RS-119

Record Name: **Most Subliminal Messages in a YouTube Video**

Personal Record: **4 Subliminal Messages**

Date Achieved: 2012.01.18

RecordSetter.com Link; <http://recordsetter.com/world-record/subliminal-messages-youtube-video/13035>

YouTube Link: <http://youtu.be/XSnj9X7sRKM>

Index Number: PR-691 RS-120

Record Name: **Most YouTube Interviews with World Record Push-Up Champions**

Personal Record: **8 Record Holders**

Date Achieved: 2012.01.22

W5: RecordSetter Record stands at 7 Record Holders submitted on 2012, January 8th.

All those who have been interviewed are; 1-Charles Servizio, 2-Charles Linster, 3-Flavio Codarin, 4-Shaun McDaniel, 5-Giuseppe Cusano, 6-Roy Berger, 7-Robert Knecht, and 8-Alicia Weber.

RecordSetter Link; <http://recordsetter.com/world-record/interviews-push-up-world-record-holders-youtube/12822>

Index Number: PR-692

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-693

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-694

Record Name: **Largest Video File Uploaded to YouTube**

Personal Record: **Driving From Edmonton to Calgary and Back To Edmonton – 115.5 GB**

Date Achieved: 2021.08.09

W5: The Driving From Edmonton To Calgary And Back To Edmonton video is 115.5 GB (115,581,257,470 bytes) in size. It is 8:30:17 hours long with a resolution of 1920x1080 (Full HD), a 16:9 aspect ratio. It played at 30,004 kbps at 29.97 FPS.

Video Link: <https://youtu.be/I4XrXGPPddI>

Index Number: PR-695

Record Name: Most Likes on a YouTube Comment

Personal Record: **2,500 Likes**

Date Achieved: 2020.04.05

W5: A comment posted on a YouTube video on 2020 04 05 received 2,500 Likes and 27 replies.

Apr 5, 2020

 YouTube 

Wow, imagine being responsible for the sickness of thousands (not to mention the deaths) just because you refused you...

Commented on [The Curious Case of Patient 31 - How One Woman Almost Infected All of Korea](#)

1:36 AM • Details



Highlighted comment

**Darryl Learie** 1 year ago

Wow, imagine being responsible for the sickness of thousands (not to mention the deaths) just because you refused your doctors recommendation to get tested for Covid-19.

I would be absolutely consumed with guilt.

 2.5K  REPLY

 [View 27 replies](#)

Index Number: PR-696

Record Name: Most Replies to a YouTube Comment

Personal Record: **35 Replies**

Date Achieved: 2021.04.19

W5: A YouTube comment posted on 2021 04 19 received 35 replies and 273 likes.

April 19

 YouTube 

The best part of CC's video was his wife coming in, "Stop with this horse sh!t" - I could watch that over and over, g...

Commented on [Flat Earth Fail Compilation 23](#)

1:57 AM • Details



Highlighted comment



Darryl Learie 7 months ago

The best part of CC's video was his wife coming in, "Stop with this horse sh!t" - I could watch that over and over, good times!

👍 273 🗨️ REPLY

▼ [View 35 replies](#)

Kijiji (on-line Ads)

Index Name: PR-697

Record Name: **Most Views of an Online Ad (Kijiji)**

Personal Record: **1,171 Views**

Date Achieved: 2014.05.09

W5: An online ad I posted on Kijiji was viewed 1,171 times.

Chat Rooms

Index Number: **PR-698 RS-121**

Record Name: **Longest Time in a Chat Room**

Personal Record: **3 hours, 34 minutes**

Date Achieved: 2011.04.05

W5: On RecordSetter as, " Longest Time in a URDB Community Chat Room "

RecordSetter Link: <http://recordsetter.com/world-record/guest-has-been-the-urdb-chat-room/6438#contentsection>

Web Presence

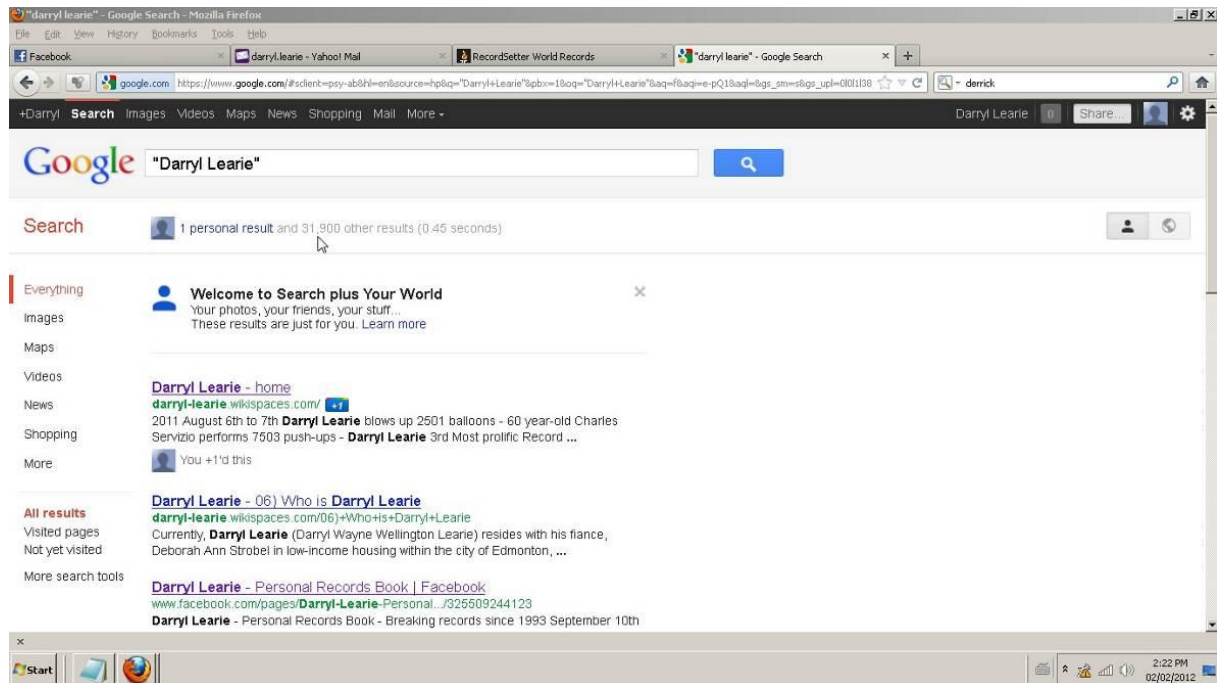
Index Number: PR-699

Record Name: **Greatest Web Presence**

Personal Record: **Google - Results 31,900 for "Darryl Learie", Yahoo – Results 1,100 for “Darryl Learie”, and MSN (Bing) – Results 1,110 for “Darryl Learie”**

Date Achieved: 2011 02 03 - 2011 05 27

W5: Web Presence refers to the number of search results for an exact name match with, “ “ that the most popular search engine can find. With my name being rare, the search results are very accurate, however with a name similar to another famous person will yield highly inaccurate results.



Online Petitions

Index Number: PR-700

Record Name: **Most Signatures achieved on an Online petition**

Personal Record: **11,403 Signatures – Protect Albertans with Disabilities – Stop the transition from AISH to ADAP**

Date Achieved: 2026.07.17

W5: An online petition that I had started on the website Change.org on 2025.08.31 has reached 11,403 signatures as of 2026 07 17. The petition was shared 11,310 times and viewed 149,782 times. 522 people had donated \$8,636 to help promote the petition further.

The Issue

The Petition below;

“The paper petition is the one that can be officially submitted to the Alberta Legislature, so please be sure to sign it. The online petition also plays an important role by showing public support that can catch the attention of media and other influential people, while helping spread awareness of the issue more widely.

Click this link to download the paper petition.

Petition Statement:

We, the undersigned, call on the Government of Alberta to stop the forced transition of Assured Income for the Severely Handicapped (AISH) recipients into the Alberta Disability Assistance Program (ADAP).

The ADAP program represents a harmful rollback of essential supports:

\$200/month less than AISH, despite inflation and rising costs of living.

At Alberta’s current minimum wage (\$16/hour), an Albertan would need to work 12.5 additional hours each month just to make up for this loss.

Reduced earning exemptions: AISH allowed recipients to earn up to \$1,072/month before clawbacks began, on a sliding scale. ADAP slashes this to only \$350/month, punishing those who try to work — even though the program claims to “encourage employment.”

Forced reapplication for benefits, creating unnecessary stress and risk for vulnerable people.

No appeals process, leaving applicants with no recourse if denied.

And now, after the federal government created the Canadian Disability Benefit (\$200/month), the Alberta government chose to claw it back dollar-for-dollar, instead of letting disabled Albertans benefit from this much-needed support. This clawback cost Alberta nothing, but cost people with disabilities everything.

Albertans with disabilities deserve security, dignity, and fair treatment — not cuts and uncertainty.

We demand that the Government of Alberta:

Halt the transition from AISH to ADAP.

The cancellation of ADAP.

Maintain existing AISH benefit levels and earning exemptions.

Guarantee an appeals process for all disability assistance applicants.

Albertans with disabilities already face significant barriers. Reducing their supports is unjust, counterproductive, and harmful.

This petition will be presented to Danielle Smith: Premier of Alberta and Leader of the United Conservative Party and Jason Nixon: Minister of Assisted Living and Social Services, as well as other members of the Alberta Legislature.

In addition to this online petition, there's also a paper petition you can download, print, and mail back with signatures. The paper petition is especially important because it carries real weight in the Alberta Legislature.

The online petition demonstrates public support, helps raise awareness of the issue online, and can catch the attention of media and other influential people.

By signing both, you strengthen the impact of this effort—helping us be heard both online and in the halls of government.

Download the paper petition here”

Link to petition:

<https://chnng.it/CcfjF6Xy5p>

Index Number: PR-701

Record Name: **Most Signatures Achieved on Paper Petition**

Personal Record: **5,674 signatures**

Date Achieved: 2026.03.26

W5: The paper petition to Stop ADAP Save AISH was started on 2025.09.13 and has gone through 10 drafts and since that time has received a total of 5,674 signatures as of 2026.03.26. I personally collected 513 of those signatures myself.

On 2025.09.23 I created the petition website where people can download and print the petition signature sheets and collect signatures. Once signatures are collected people can mail those signed sheets to the Edmonton-Decore Constituency Office. As of 2026.03.09 the petition website has 7,406 views.

On 2025.09.25 CTV News Edmonton interviewed me on TV about my paper petition.

On 2025.10.02 popular political social media influencer Lisab0923 (105,100 followers on TikTok, 10,200 subscribers on YouTube) advocated for my petition in her video.

On 2025.10.31 The Red Deer Advocate made a story on how a lady; Terri Grills introduced my petition to the City of Red Deer. On the same day, popular political social media influencer, Lisab0923 mentioned how my petition reached Red Deer in her video.

On 2025.10.30 I was invited as a guest speaker at the A Deadly Ableist Plan protest at the Alberta Legislature organized by PADA to give a speech about my petition. I wore a 25 lb weight around my neck to symbolize the heavy burden ADAP places on AISH recipients.

On 2026.03.10 popular political social media influencer Lisab0923 (105,100 followers on TikTok, 10,200 subscribers on YouTube) once again advocated for my petition in her video featuring my petition website and explaining how to find the petition website. She emphasized the urgency of collecting as many signatures as possible before the March 20th, 2026, deadline.

On 2026.03.11 MLA, Marie Renaud (shadow critic of community social services) shared Lisab0923's video featuring my petition website within her Facebook story.

2026 03 30 The petition is delivered to the Alberta Legislature. MLA, Marie Renaud shares my personal Facebook post with an image of me holding all 5,674 signatures on her Facebook page.

2026 04 03 – Global News Edmonton at 6:00pm broadcast my TV interview of my Stop ADAP Save AISH paper petition with it's 5,674 signatures being delivered to the Alberta Legislature.

2026 04 14 - My Stop ADAP Save AISH paper petition, with its 5,674 signatures, is tabled in the Alberta Legislature by my MLA, Sharif Haji (Edmonton–Decore), while I am introduced as a guest sitting in the Speaker's gallery. The event is broadcast on Alberta Assembly TV.

My name, "Darryl Learie," along with mention of the paper petition ("over 5,600 signatures"), the online petition ("over 7,000 Albertans"), and my quote, "I am fighting for a more compassionate society," becomes part of the official Hansard transcript.

MLA Sharif Haji presents me with an official Alberta Legislature scroll recognizing my petition efforts. MLA Marie Renaud shares a video of her and me speaking at a press conference on her social media.

During the press conference, I make the comment: "The tabling of this petition of 5,674 signatures means that over 5,000 voices opposing ADAP have officially become part of the legislative record, making them that much harder to ignore."

2026 04 16 - CBC Edmonton included my short interview about my Stop ADAP paper petition (5,674 signatures), along with a photo of me, in their online article titled Municipalities call on Alberta government to pause changes to disability benefits.

They quoted me as saying, "Programs like AISH are designed to remove the pressure of working so that people can focus on managing serious mental health conditions," adding, "When too much pressure is put on me, I tend to destabilize and fall apart."

2026 05 12 - My essay, Why ADAP would be detrimental to my mental health is read (parts quoted) and tabled in the Alberta Legislature.

2026 05 24 - Edmonton Sun Newspaper columnist, Cam Tait did a column about my wife and I about the AISH cuts that couples are facing, "Couple faces significant cut to income in transition to ADAP."

2026 06 01 - I spoke at my first NDP press release held by MLA, Marie Renaud alongside Zachary Weeks asking the UCP government to stop ADAP. I was also interviewed by CTV News Edmonton with my wife about how couples are affected by AISH/ADAP changes.

2026 06 14 - Edmonton Sun reporter, Cam Tait interviews me about Bruce A Johnson's suicide as a result of the AISH to ADAP Transition.

2026 07 01 - CBC Edmonton publishes an interview they had with me about ADAP officially beginning, and quoted me as saying, When you have university-educated professionals that specialize in medicine and they're telling you this is a bad idea, the refusal to listen to that is arrogant. They also mentioned the paper petition I organized opposing ADAP with a photo of me.

Links;

Petition website: <https://www.darryllearie.com/2025/09/petition-to-cancel-adap.html>

CTV News Edmonton Article: <https://www.ctvnews.ca/edmonton/article/the-disabled-community-does-not-approve-edmonton-man-starts-petition-against-adap/>

CTV News Edmonton TV Interview (YouTube): https://youtu.be/6Gt1Hu_oNG0?si=zcN2rDcgyUZulrkk

Political Social Media Influencer Lisab092advocates for my petition:
https://youtu.be/x9WJnyDYE5A?si=MKxK5_e-kJtH0eI1

Red Deer Advocate Article: <https://reddeeradvocate.com/2025/10/31/petition-calls-on-government-to-stop-transition-from-aish-to-adap/>

Speech at Alberta Legislature: <https://youtu.be/K9wN5CoP5w0?si=3k-u-JV19JHvYOUT>

Political Social Media Influencer Lisab092advocates for my petition while featuring my petition website:
<https://youtu.be/CnOuivfsR9o?si=chmqKyEO8VFUVnVg>

YouTube Video of Global Edmonton News: https://youtu.be/uq1pU9z_f2Y?si=mdTD70_UKOvXMPH

My petition is tabled in the Alberta Legislature:

<https://www.youtube.com/shorts/jjulEO0gBMQ>

Link to CBC Edmonton Article:

<https://www.cbc.ca/news/canada/edmonton/aish-adap-alberta-disability-income-9.7165516>

Link to YouTube video, my essay is tabled in the Alberta Legislature:

<https://youtu.be/BbjQaiOvyr0>

Link to Edmonton Sun reporter Cam Tait article about cuts to disabled couples:

<https://edmontonsun.com/opinion/columnists/tait-couple-faces-significant-cut-to-income-in-transition-to-adap>

Link to NDP Press Conference I spoke at on the NDP's official YouTube channel:

<https://www.youtube.com/live/lsZofhxfOEA?si=LAORunwjuCN5c32o>

Link to City TV News Edmonton: <https://youtu.be/0K5mxSXAZFI>

Link to City TV News Edmonton article: <https://edmonton.citynews.ca/2026/06/01/alberta-ndp-planned-changes-disability-income-support/>

Link to CTV News Edmonton: <https://youtu.be/mVXB9vaYP7Y>

Link to CTV News Edmonton article: <https://www.ctvnews.ca/edmonton/article/albertans-transitioning-to-adap-say-cut-to-benefits-will-be-life-altering/>

Link to Edmonton Sun reporter, Cam Tait interviewing me about Bruce A Johnson:

<https://edmontonsun.com/opinion/columnists/tait-death-highlights-fear-uncertainty-in-disability-community-over-move-to-adap>

Link to CBC Edmonton article interviewing me about ADAP beginning:

<https://www.cbc.ca/news/canada/edmonton/alberta-adap-aish-transition-9.7255041>



(above photo) I delivered my Stop ADAP Save AISH speech at the Alberta Legislature while wearing a 25 lb weight around my neck (symbolizing the heavy emotional burden of ADAP) during the ADAP protest organized by PADA on 2025 10 30.



(Above photo) I am holding a stack of 5,674 signatures collected for the Stop ADAP Save AISH Paper Petition.



(Screenshot above) MLA, Marie Renaud shares Lisab0923's video featuring my petition website.

Index Number: PR-702

Record Name: **Fastest and most signatures collected at one time for a paper petition**

Personal Record: **213 signatures in 3 hours, 11 minutes.**

Date Achieved: 2025.10.23

W5: At the Alberta Teachers protest at the Alberta Legislature I collected 213 signatures in 3 hours, 11 minutes for my Stop ADAP Save AISH petition. That works out to a signature collected every 53.8 seconds.



Index Number: PR-703

Record Name: **Most Attention for a Protest Sign**

Personal Record: **"The UCP is creating a lot of stress, anxiety, and fear in the disabled community"**

Date Achieved: 2025.05.06

W5: The protest sign, The UCP is creating a lot of stress, anxiety, and fear in the disabled community written on the front and Stress, Anxiety, Fear written on the back was featured by CTV News Edmonton during their coverage of the Act Now protest on 2025 05 06. CTV News Edmonton zoomed in on the back of the sign showing stress, anxiety, fear. It became stock footage for CTV News Edmonton when covering ADAP protests.

MLA of Sherwood Park, Alberta Marie Renaud also featured the sign on her social media on 2025 08 20.



Reddit

Index Number: PR-704

Record Name: **Most Likes for a Picture posted in Reddit**

Personal Record: **165 Likes (Picture of Bunny)**

Date Achieved: 2019.05.20

W5: A picture of a bunny posted on 2019 05 20 at 11:08am in the Edmonton sub-Reddit received 165 likes.



Index Number: PR-705

Record Name: **Most Likes for a Reddit Post/Comment**

Personal Record: **158 Likes**

Date Achieved: 2019.04.25

W5: A comment on Police Brutality posted in the Edmonton sub-Reddit on 2019 04 25 at 1:10am received a total of 158 Likes.

Facebook Market Place

Index Number: PR-706

Record Name: **Most Views on a Facebook Market Place Ad (24 hours)**

Personal Record: **1,782 Views in 11 hours**

Date Achieved: 2019.12.23

W5: The Facebook Marketplace Ad, “Magellan Triton 500 GPS – Free” received 1,782 views in just 11 hours, and a total of 62 comments.

Photography

Index Number: PR-707

Record Name: **Best 2D Photos Taken (in my opinion)**

Personal Record: **92 photos from 2017 05 07 to 2024 06 30.**

Date Achieved:

2017 05 07 to 2024 06 30.

W5: The 92 photos are below with their respective dates.



2017 05 07



2017 05 16



2017 05 16



2017 05 27



2017 06 04



2017 06 04



2017 06 06



2017 06 11



2017 06 25



2017 07 02



2017 07 06



2017 07 18



2017 07 22



2017 08 11



2019 01 08



2019 05 27



2019 05 27



2019 06 23



2019 11 13



2019 09 15



2020 07 06



2020 07 21



2020 08 13



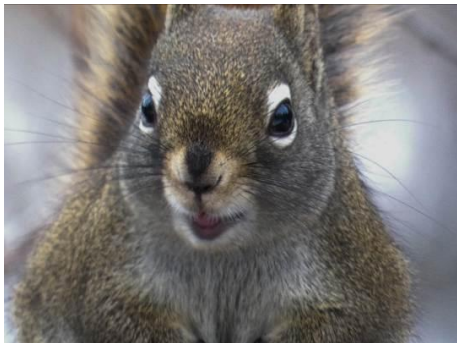
2020 08 13



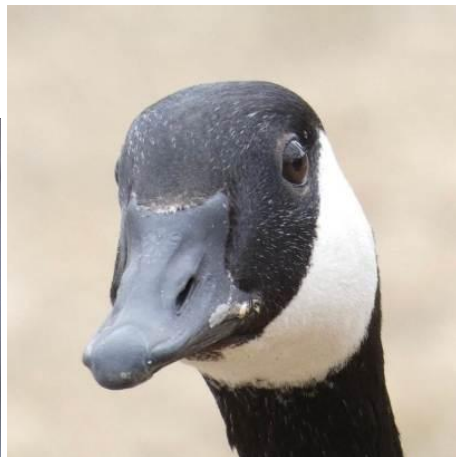
2021 01 10



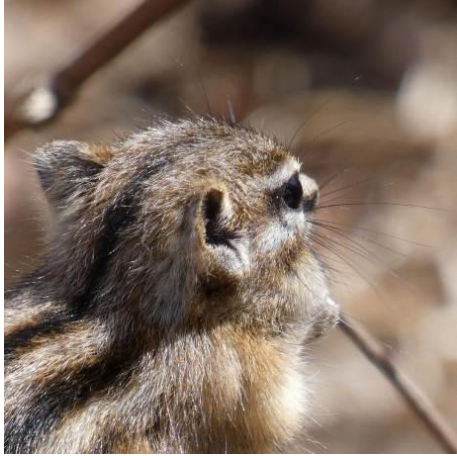
2021 03 01



2021 03 01



2021 03 28



2021 04 05



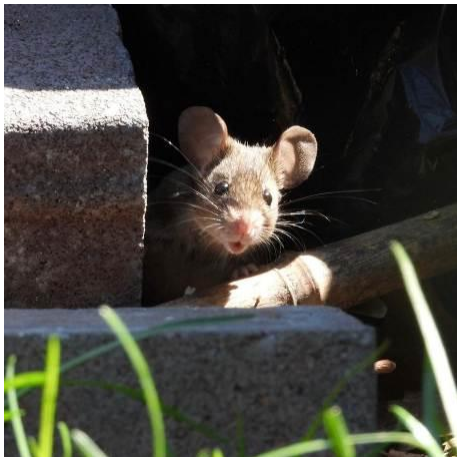
2021 04 25



2021 04 28



2021 04 29



2021 05 22



2021 05 27



2021 05 27



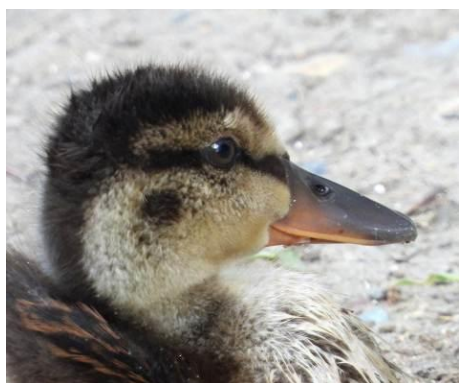
2021 06 06



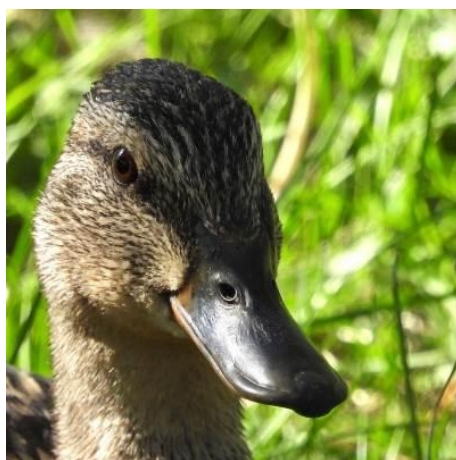
2021 06 10



2021 06 21



2021 06 21



2021 06 21



2021 07 06



2021 07 06



2021 07 15



2021 07 23



2021 07 23



2021 07 23



2021 07 23



2021 08 07



2021 09 13



2021 10 02



2021 11 04



2021 11 05



2022 05 11



2022 05 20



2022 05 26



2022 06 07



2022 06 22



2022 06 22



2022 07 02



2022 07 06



2022 07 06



2022 07 06



2022 07 25



2022 08 07



2022 08 07



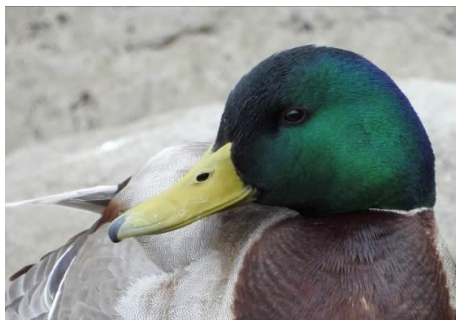
2022 08 07



2022 10 31



2023 03 23



2023 04 23



2023 04 23



2023 05 18



2023 05 18



2023 05 21



2023 05 21



2023 05 29



2023 05 29



2023 05 29



2023 06 03



2023 06 03



2023 06 03



2023 06 10



2023 06 10



2023 06 10



2023 06 24



2023 06 24



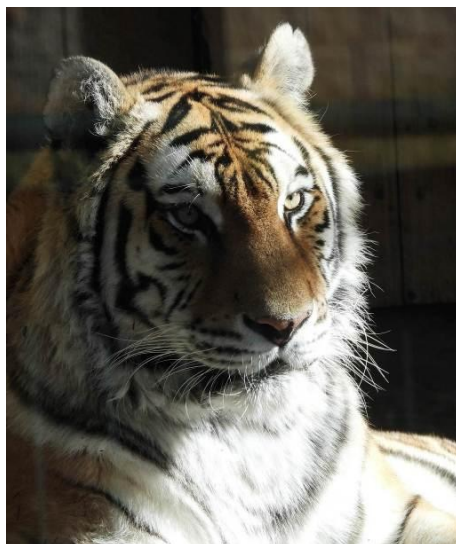
2023 06 24



2023 06 30



2023 07 08



2023 10 02



2023 07 17



2023 10 02



2024 06 30

Index Number: PR-708

Record Name: **Best 3D Light Drawing (Light Painting) Photos**

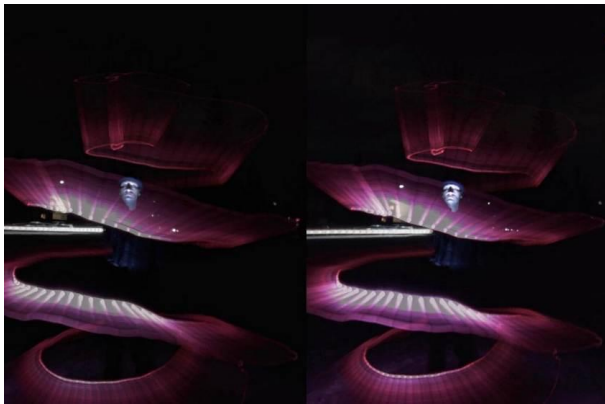
Personal Record: **2021 02 13, 2021 03 02**

Date Achieved: 2021.02.13 and 2021.03.02

W5: The 2 photos are below with their respective dates.



2021 02 15



2021 03 02

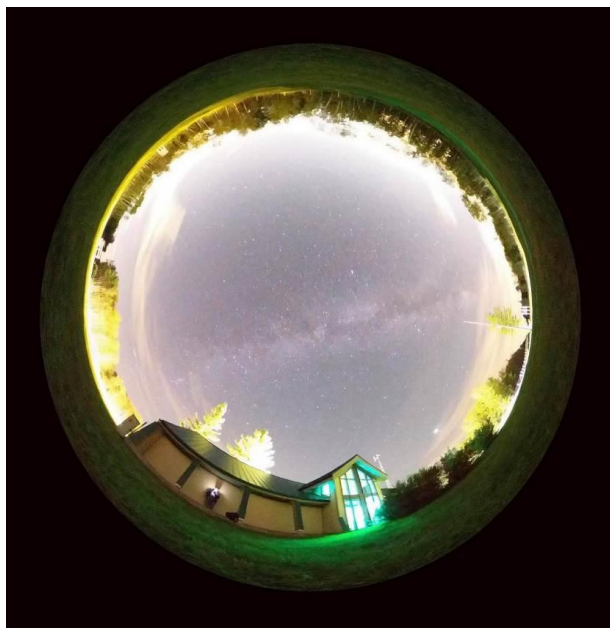
Index Number: PR-709

Record Name: **Best Photos of the Milky Way Photos (Astrophotography)**

Personal Record: **2021 09 07 and 2023 08 14**

Date Achieved: 2021.09.07 and 2023.08.14

W5: The 2 photos are below with their respective dates.



2021 09 07



2023 08 14

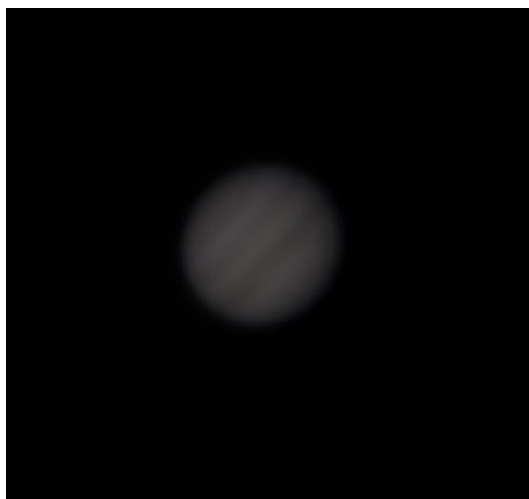
Index Number: PR-710

Record Name: **Best Photos of a Planet (Astrophotography)**

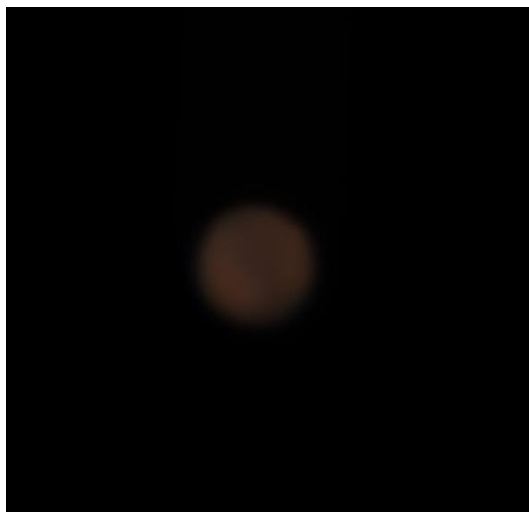
Personal Record: **2020 08 27 and 2020 10 02**

Date Achieved: 2020.08.28 and 2020 10 03

W5: Image of Jupiter and Image of Mars magnified 227.5 times with a Meade Model 4500 Reflector, D=114 mm, Eye Piece=9 mm, and F=910mm. The 2 photos are below with their respective dates.



2020 08 27



2020 10 02

Index Number:PR-711

Record Name: **Best Photos of the Sun and Sunspots (Astrophotography)**

Personal Record: **2022 05 23, 2022 07 11, and 2022 07 15**

Date Achieved: 2022.05.23, 2022.07.11, 2022.07.15

W5: The 3 photos are their respective dates are below.



2022 05 23



2022 07 11



2022 07 15

Index Number: PR-712

Record Name: **Best photo of an occultation (Astrophotography)**

Personal Record: **2022 12 07 (Moon Mars)**

Date Achieved: 2022.12.07

W5: Shot with my Nikon P1000 camera.



2022 12 07

Index Number: PR-713

Record Name: **Best Photos of the Moon (Astrophotography)**

Personal Record: 9 photos from **2020 08 13 to 2022 12 07**

Date Achieved: 2020.08.13 to 2022.12.07

W5: The 9 photos are below with their respective dates.



2020 08 13



2021 04 29



2021 04 24



2021 04 24



2021 04 24



2021 04 24



2021 04 24



2022 12 07



2022 01 07

Index Number: PR-714

Record Name: **Best Photos of a Solar Eclipse (Astrophotography)**

Personal Record: 2023 05 14 (partial solar eclipse)

Date Achieved: 2023 05 14



2023 05 14



2023 05 14

Index Number: PR-715

Record Name: **Best Microscopic Photos**

Personal Record: **2020 12 14, 2021 01 27, and 2021 05 27**

Date Achieved: 2020.12.14, 2021.01.27 and 2021.05.27

W5: Magnified 289 X times with a Wifi Microscope. The 4 photos and their respective dates are below.



2021 05 27



2021 05 27



2020 12 14



2021 01 28

Index Number: PR-716

Record Name: **Best Macro-Photography Photos**

Personal Record: **17 photos from 2020 08 18 to 2022 06 20**

Date Achieved: 2020.08.18 to 2022.06.20

W5: The 17 photos are their respective dates are below.



2020 08 18



2020 08 19



2020 08 25



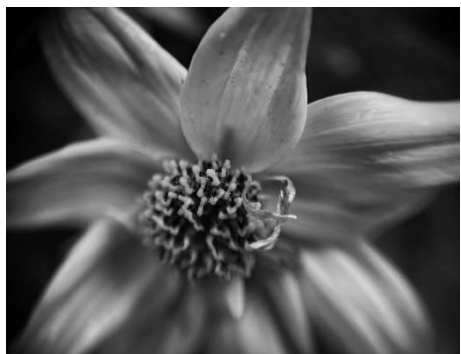
2020 08 26



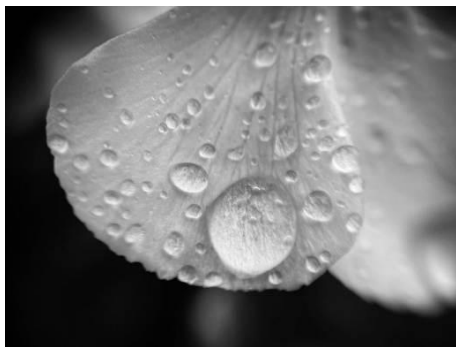
2020 10 12



2021 05 29



2021 06 17



2021 06 17



2021 06 17



2021 07 06



2021 08 05



2021 08 07



2021 08 07



2021 08 17



2021 08 17



2021 10 04



2022 06 20

Index Number: PR-717

Record Name: **Best Photos shot with Drone**

Personal Record: **25 photos from 2017 06 15 to 2025 07 11**

Date Achieved: 2017.06.15 to 2025.07.11

W5: The 25 photos with their respective dates are below.



2019 12 27



2019 06 23



2019 06 23



2019 06 23



2019 06 02



2019 01 08



2018 07 25



2018 07 15



2018 06 24



2018 06 24



2017 06 15



2022 07 11



2023 07 08



2024 08 23



2024 08 23



2024 08 23



2025 06 29



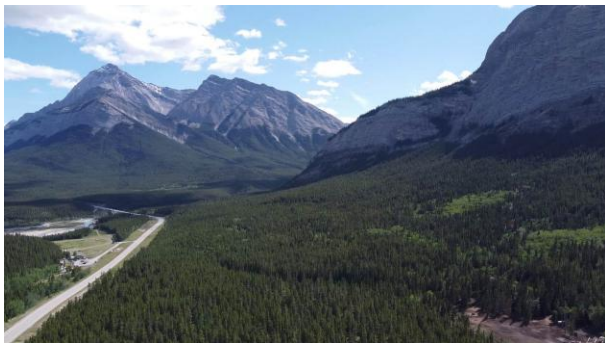
2025 06 29



2025 06 29



2025 06 29



2025 06 29



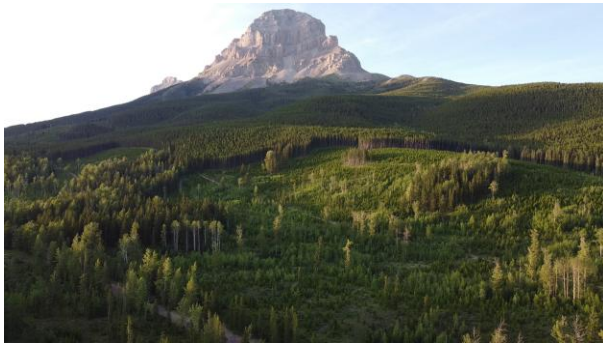
2025 06 29



2025 06 29



2025 06 30



2025 07 11

Index Number: PR-718

Record Name: **Best Photos of Electricity**

Personal Record: **18 photos from 2016 04 26 to 2025 12 15**

Date Achieved: 2016.04.26 to 2025 12 15.

W5: The 18 photos and their respective dates are below.



2016 04 26



2016 04 26



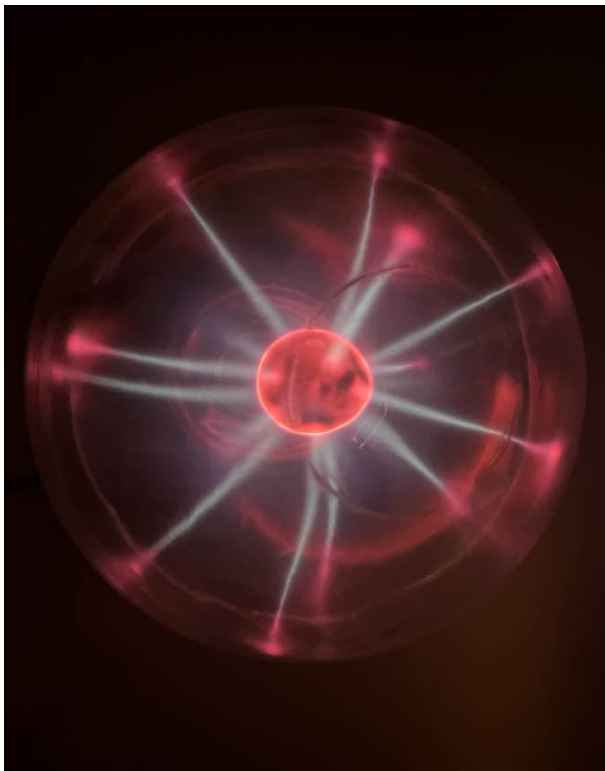
2016 04 26



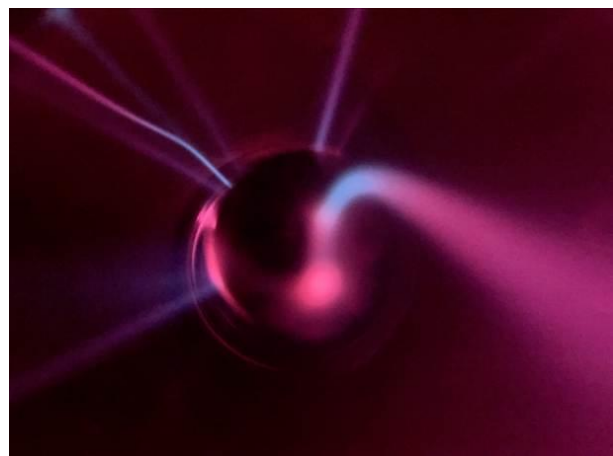
2016 04 26



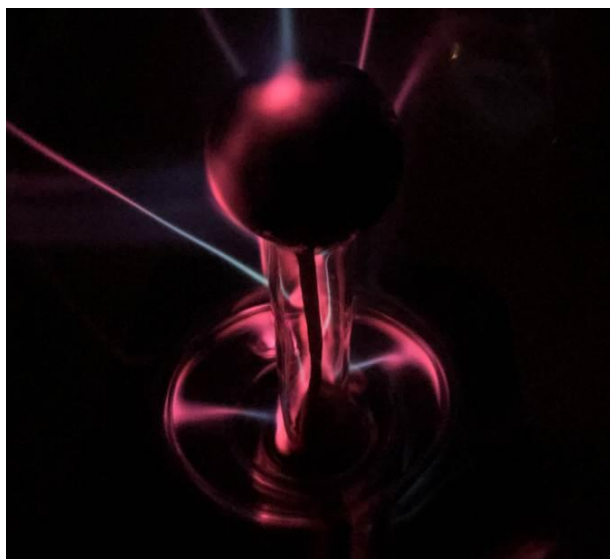
2016 04 26



2021 05 21



2021 05 21



2021 05 21



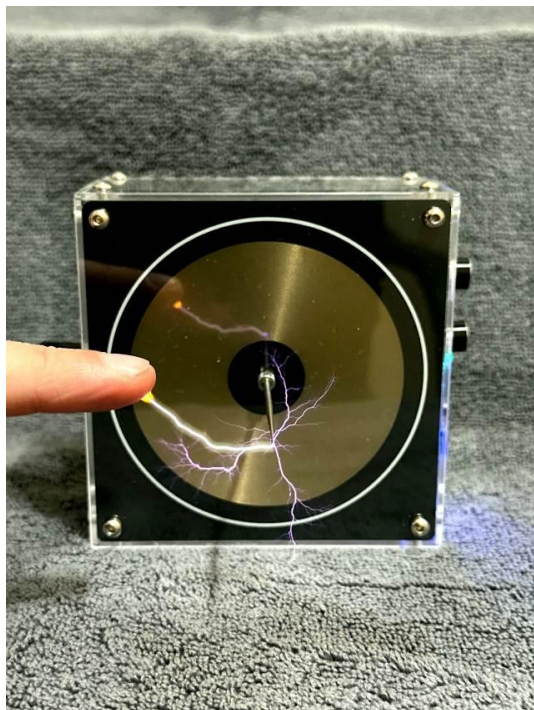
2021 05 21



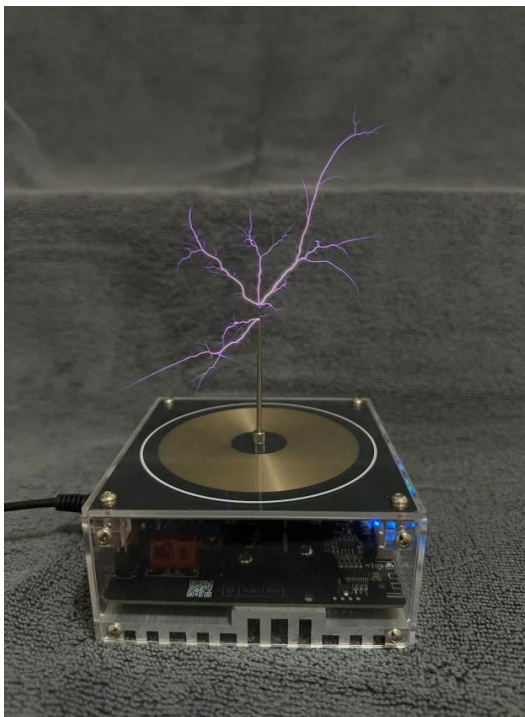
2021 05 51



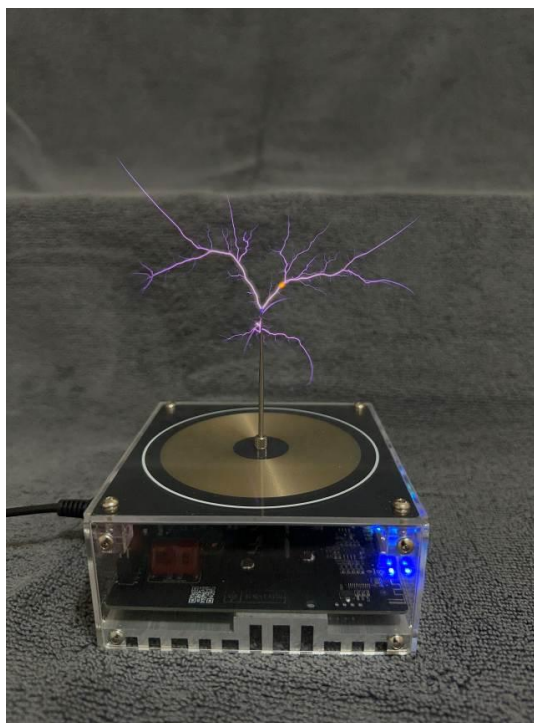
2021 05 21



2025 01 25



2025 01 25



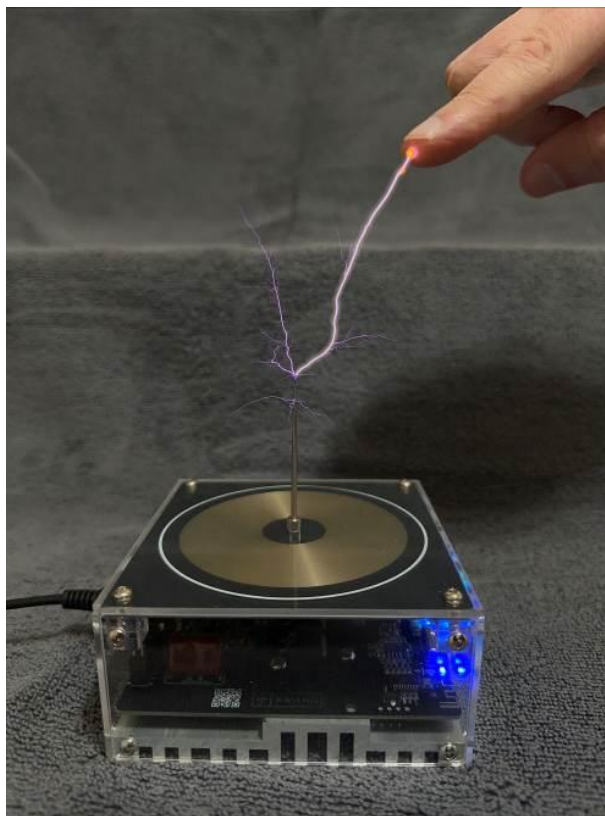
2025 01 25



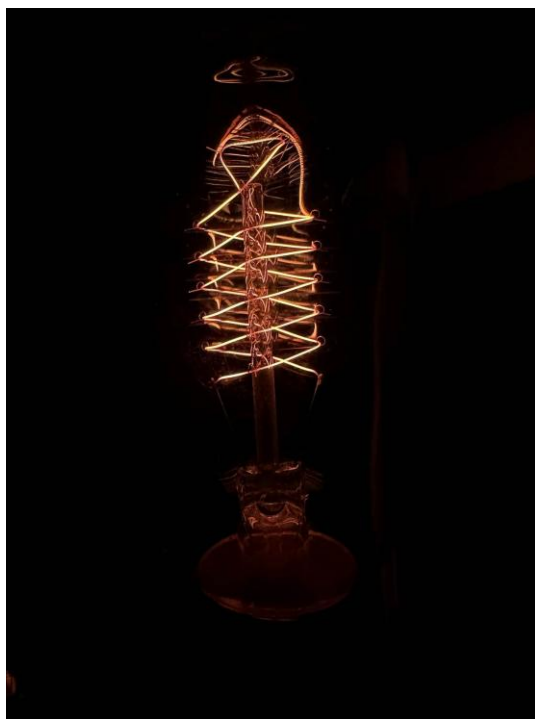
2025 01 25



2025 02 16



2025 01 25



2025 12 15

Index Number: PR-719

Record Name: **Best Special Effect Pictures**

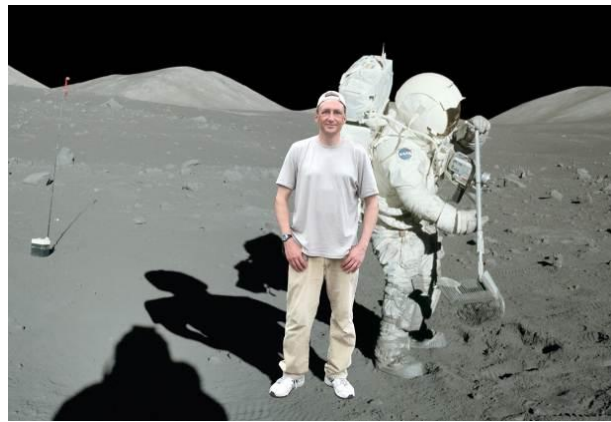
Personal Record: **4 photos from 2014 07 15 to 2017 06 10.**

Date Achieved: 2014.07.15 to 2017.06.10

W5: The 4 photos and their respective dates are below.



2017 06 10



2017 06 03



2014 08 29



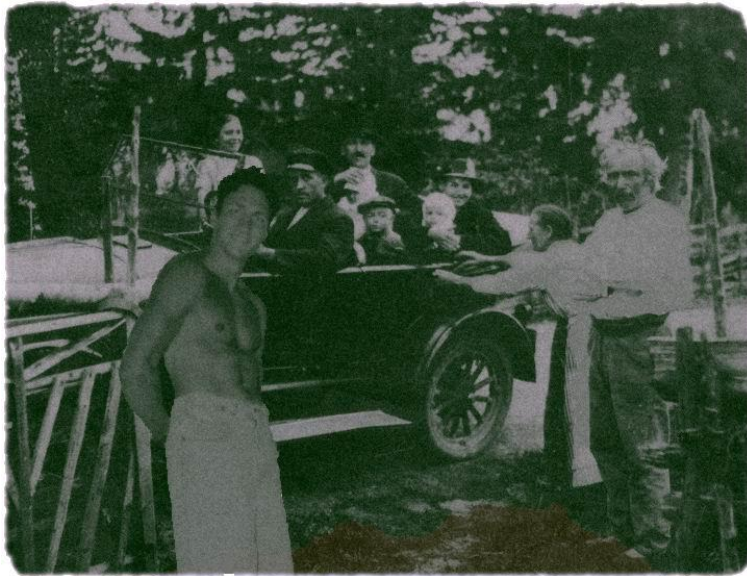
2014 07 15

Index Number: PR-720

Record Name: **Best Faked Picture**

Personal Record: **Inserting myself into 1926 photo of my great grandparents**

Date Achieved: 2006.01.27



2006 01 27

Index Number: PR-721

Record Name: **Best 3D Special Effect Pictures (in my opinion)**

Personal Record: **2015 03 01 and 2017 05 07**

Date Achieved: 2015.03.01 and 2017.05.07

W5: To see the pictures in 3D, simply cross your eyes until a 3D image emerges.



2015 03 01



2017 05 07

Index Number: PR-722

Record Name: **Best 3D Photos**

Personal Record: **11 photos from 2017.05.02 to 2019.01.05**

Date Achieved: 2017.05.02 to 2019.01.05

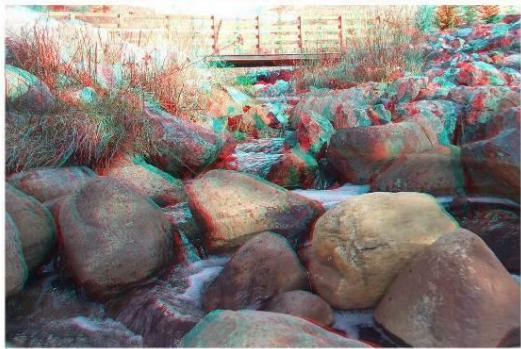
W5: The 11 3D photos are below with their respective dates.



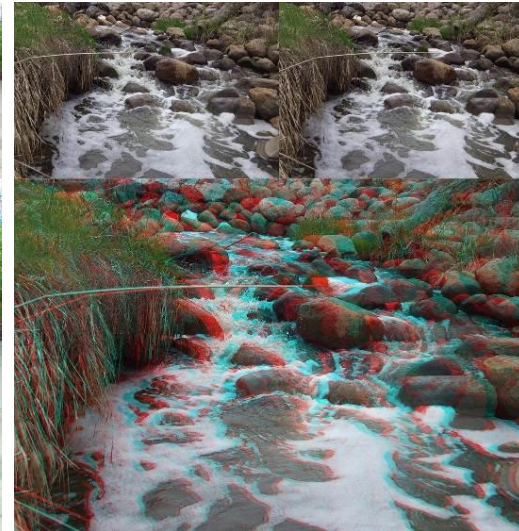
2017 05 02



2017 05 06



2017 06 04



2017 05 14



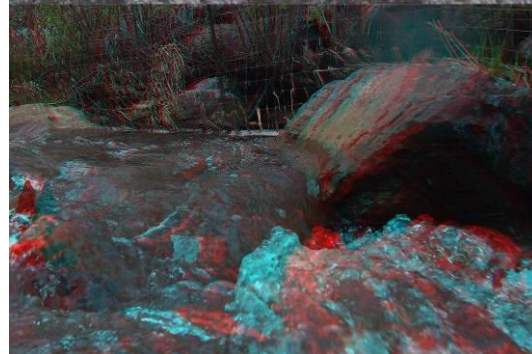
2017 05 06



2017 05 14



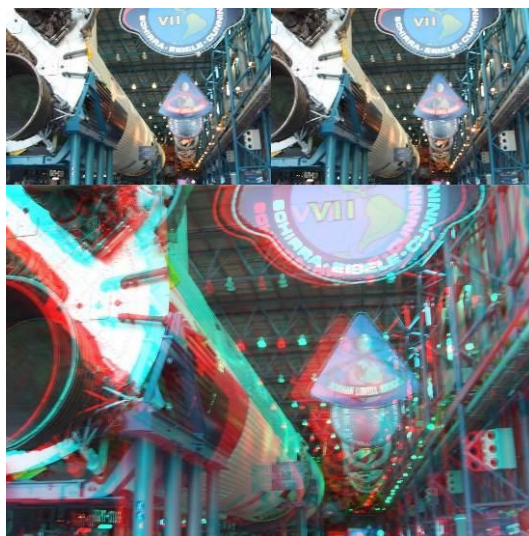
2017 06 11



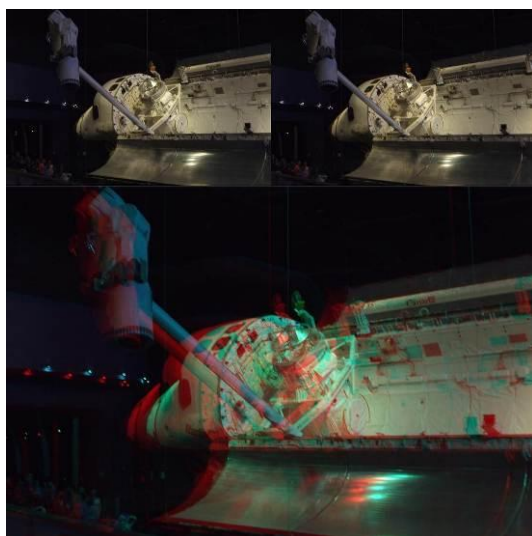
2017 05 14



2017 05 20



2019 01 05



2019 01 05

Index Number: PR-723

Record Name: **1st 3D 360 Photo Created**

Personal Record: **3D 360 Photo created on 2018 06 09**

Date Achieved: 2018.06.09

W5: To see the 3D image red/blue 3D glasses are required.

However the 3D 360 concept was first attempted on 2016 09 05 but was not perfected until I acquired my Vuze 3D 360 camera.



2018 06 09

Index Number: PR-724

Record Name: **Best Photo Shot Halfway Underwater**

Personal Record: **2017 05 20 and 2017 06 06**

Date Achieved: 2017.05.20 and 2017.06.06



2017 05 20



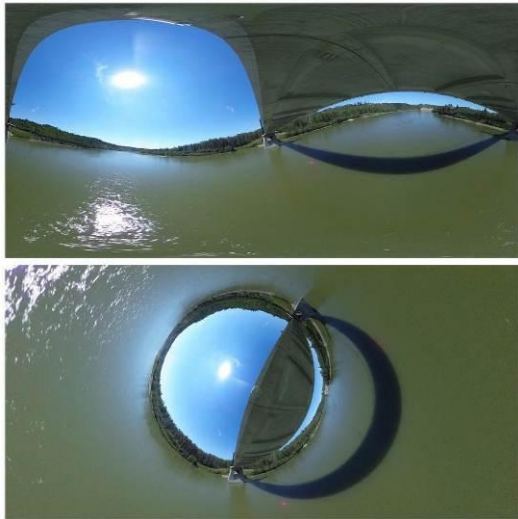
2017 06 06

Index Number: PR-725

Record Name: **Best 360 Photo**

Personal Record: **2016 08 15**

Date Achieved: 2016 08 15



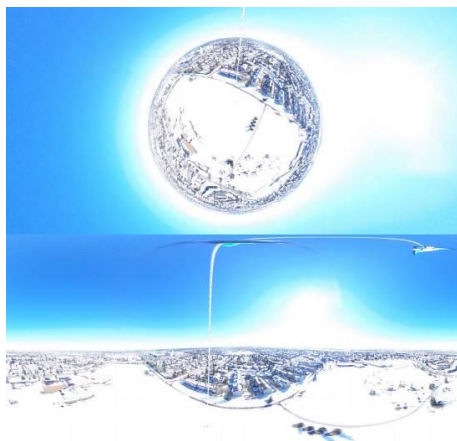
2016 09 22

Index Number: PR-726

Record Name: **1st 360 Photo Shot using a Kite**

Personal Record: **2017 04 16 - shot over Belmead Park, Edmonton**

Date Achieved: 2017.04.16



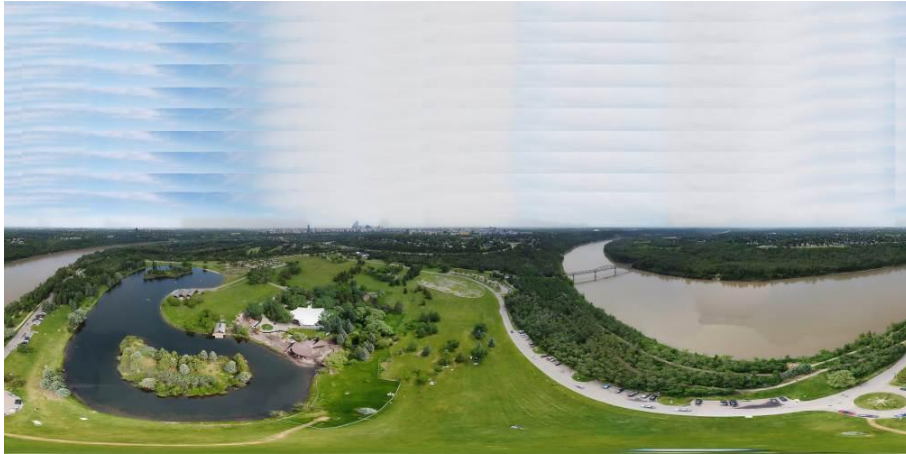
2017 04 16

Index Number: PR-727

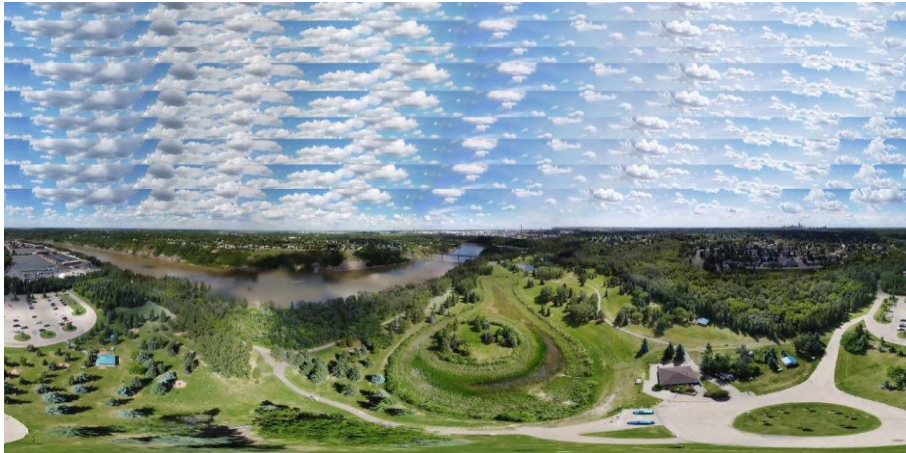
Record Name: **Best 360 Photo Shot with a Drone**

Personal Record: **2020 06 13 and 2020 06 22**

Date Achieved: 2019.12.29 and 2020.06.22



2020 06 13



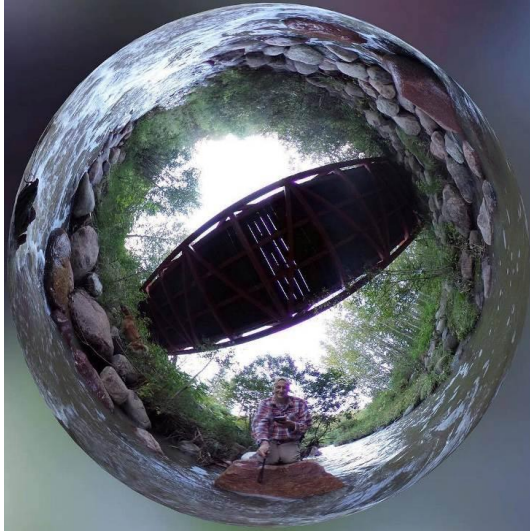
2020 06 22

Index Number: PR-728

Record Name: **Best 360 Photo – Mirror Ball (in my opinion)**

Personal Record: **360 photo shot on 2016 08 25**

Date Achieved: 2016.08.25



2016 08 25

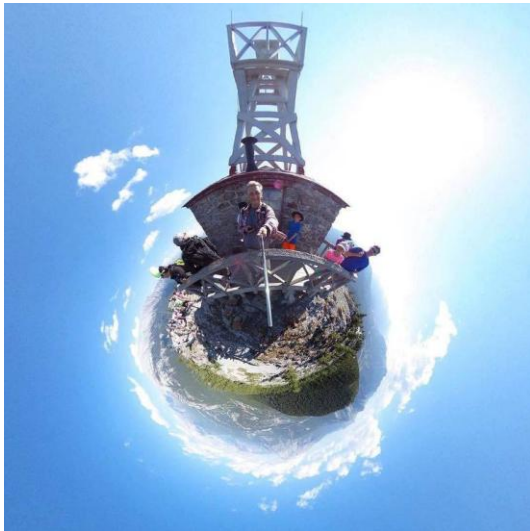
Index Number: PR-729

Record Name: **Best 360 Photo – Little Planet (in my opinion)**

Personal Record: **7 photos from 2016 08 06 to 2020 08 17**

Date Achieved: 2016.08.06 to 2020.08.17.

W5: 7 360 photos below with their respective dates.



2017 08 11



2016 08 06



2016 09 13



2019 05 28



2019 09 15



2020 08 17



2019 09 15

Index Number: 730

Record Name: **Best Photos of Extreme Negative Parallax**

Personal Record: **2013 02 14, 2016 12 15, 2020 07 20**

Date Achieved: 2013.02.14, 2016.12.15, 2020.07.20



2013 02 14



2016 12 15



2020 07 20

Index Number: PR-731

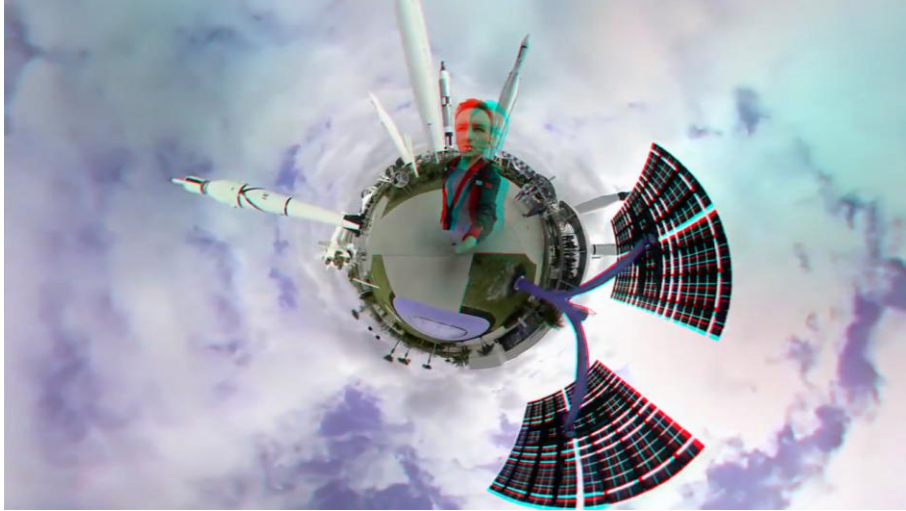
Record Name: Best Photos of 3D Tiny Planet

Personal Record: 2019 03 27, 2019 09 15, and 2020 01 10

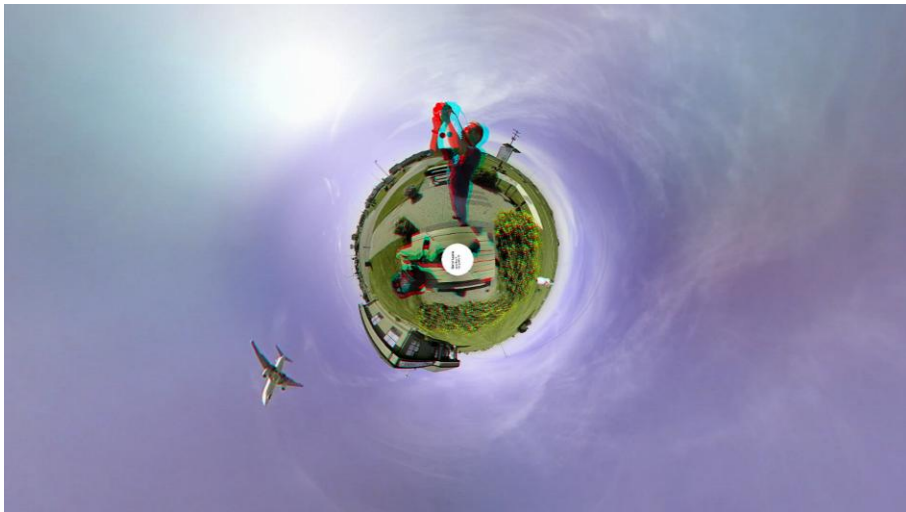
Date Achieved: 2019.03.27, 2019.09.15, and 2020.01.10



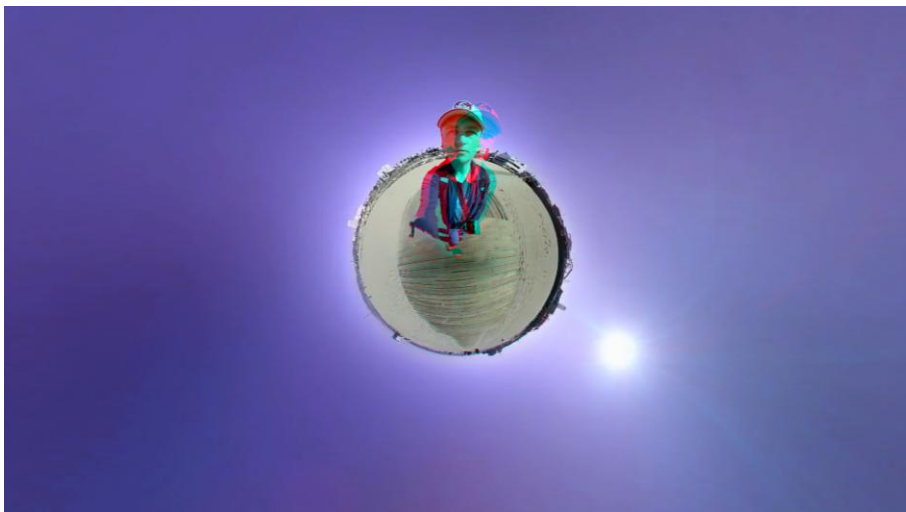
2019 03 27



2019 03 27



2019 09 15



2020 01 10

Index Number: PR-732

Record Name: **Best Selfies**

Personal Record: **5 photos from 2017 05 18 to 2025 02 11**

Date Achieved: 2017.05.18 to 2025.02.11



2017 05 18



2017 06 08



2019 07 12



2024 07 08



2025 02 11

Photography – My Picture taken by other Photographers

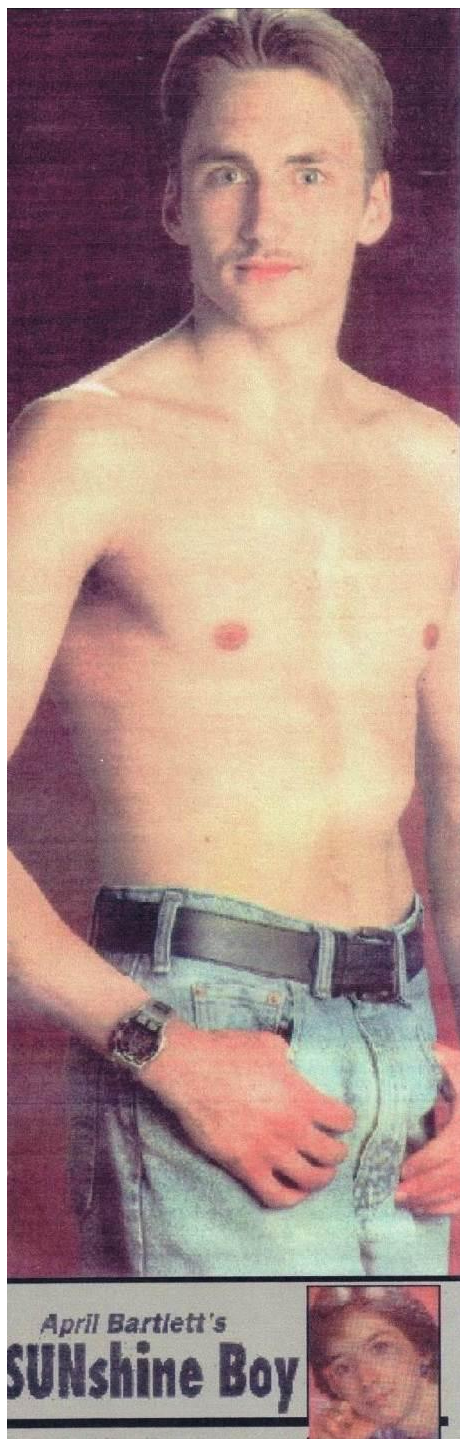
Index Number: PR-733

Record Name: **Best Photos of Me taken by Media Photographers**

Personal Record: **4 photos from 1995 01 11 to 2011 08 07**

Date Achieved: 1995.01.11 to 2011.08.07

W5: The 4 photos are below with their respective dates.



1995 01 11



2010 06 10



2011 08 06



2011 08 07

Index Number: PR-734

Record Name: **Best Photos of Me taken by Others**

Personal Record: **9 photos from 1995 08 00 to 2019 04 27**

Date Achieved: 1995.08.00 to 2019.04.27

W5: The 9 photos are below with their respective dates.



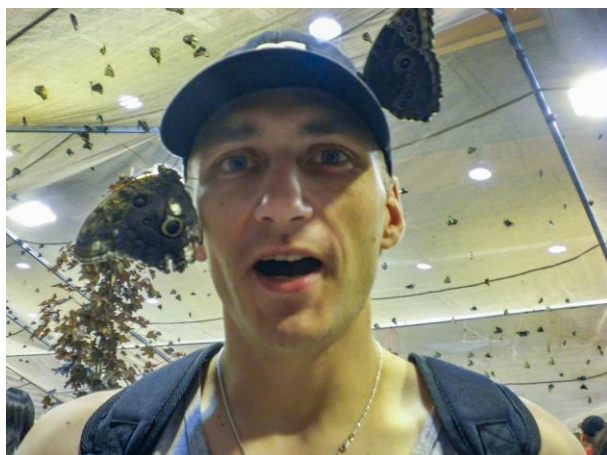
1995 08 00



2005 09 05



2006 07 28



2007 07 26



2008 05 24



2008 07 02



2011 06 08



2011 06 09



2019 04 27

Index Number: PR-735

Record Name: **Best Photos of Me taken by Professional Photographers**

Personal Record: **1997 11 04**

Date Achieved: 1997.11.04

W5: 2 photos include me and my daughter, Raven Ashley Lapatak.



1997 11 04



1997 11 04



1997 11 04



1997 11 04

Video & Video Editing

Index Number: PR-736

Record Name: **Best Special Effects Video**

Personal Record: **My Best Special Effects – Darryl Learie 3D-HD**

Date Achieved: 2014.09.04

W5: I performed 7 special effects in 3D for a YouTube Video. Including 4 special effects of my own creation, see through Darryl, Me dancing while split in half, Me floating, and Me in the Mirror.

Red/blue 3D Glasses are required to see 3D images.

YouTube Link: <https://youtu.be/-Jtvzd7KsYw>





Index Number: PR-737

Record Name: **Best 3D Video Effect Created**

Personal Record: **3D Tiny Planet**

Date Achieved: 2019.03.27

W5: To see the 3D image red/blue 3D glasses are required.

The 3D Tiny Planet concept was born on 2016 08 20, however it was not perfected until 2019 03 27 with the aid of my Vuze 3D 360 camera. As far as I know, I could not find any example of anyone had had created this same effect.



Index Number: PR-738

Record Name: **Most Extreme Negative Parallax for 3D Video**

Personal Record: **YouTube Video, “3D Test for Extreme Negative Parallax (Eye-Popping 3D)”**

Date Achieved: 2013.02.14

W5: To see the 3D image red/blue 3D glasses are required.

Negative parallax is when a 3D image appears to come towards you, likewise when the 3D image seems to be behind the screen it is considered positive parallax. Watching this video on my big screen TV it would appear that the 3D image would come out as far as 5 feet from the screen.

YouTube Link: <https://youtu.be/0TEd7TklnAU>





3D Modeling

Index Number: PR-739

Record Name: **Best 3D Model of Human Head (My Head)**

Personal Record: **3D Modeling of my own head**

Date Achieved: 2019.10.31

W5: Using a 4K Video extracted into 400 images, I successfully rendered the best 3D model of my head. The 3D model consists of 3,900,702 vertices, 7,799,622 faces, and 7,799,622 triangles. The Blender file is 744 MB. The GLB file is 795 MB. The OBJ file is 0.99 GB.



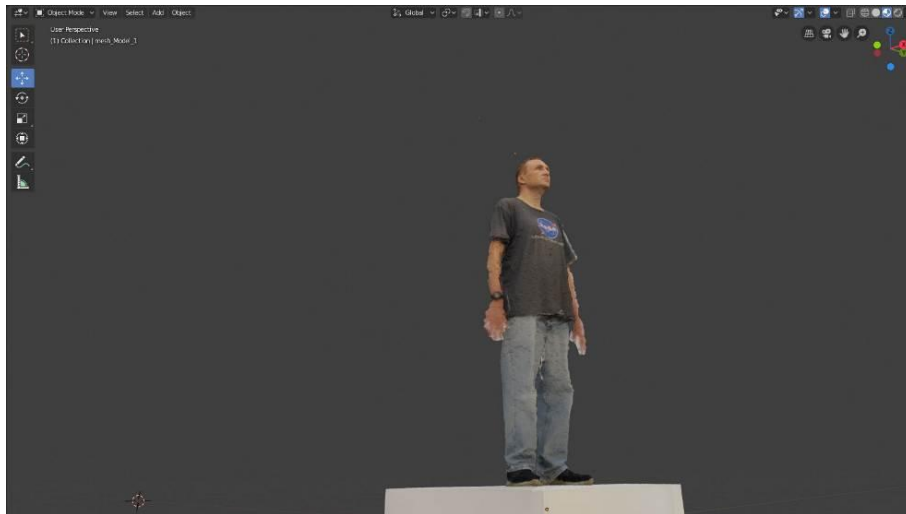
Index Number: PR-740

Record Name: **1st 3D Model of Entire Body**

Personal Record: **3D Modeling of my own body**

Date Achieved: 2019.10.29

W5: The 3D model was created from 183 images extracted from 4K video. The 3D model consists of 5,521,298 vertices, 11,042,532 faces, and 11,042,532 triangles. The Blender file is 1.02 GB. The OBJ file is 1.18 GB.



Miscellaneous

Index Number: PR-741 RS-122

Record Name: **Most Current Brian Pankey URDB Records Named in 1 minute**

Personal Record: **13 Records**

Date Achieved: 2011.05.05

RecordSetter Link; <http://recordsetter.com/world-record/current-brian-pankey-urdb-records-named-minute/7333>

Theme 3 – Academic

Category 2 – Academia

Subcategory 3 – Media

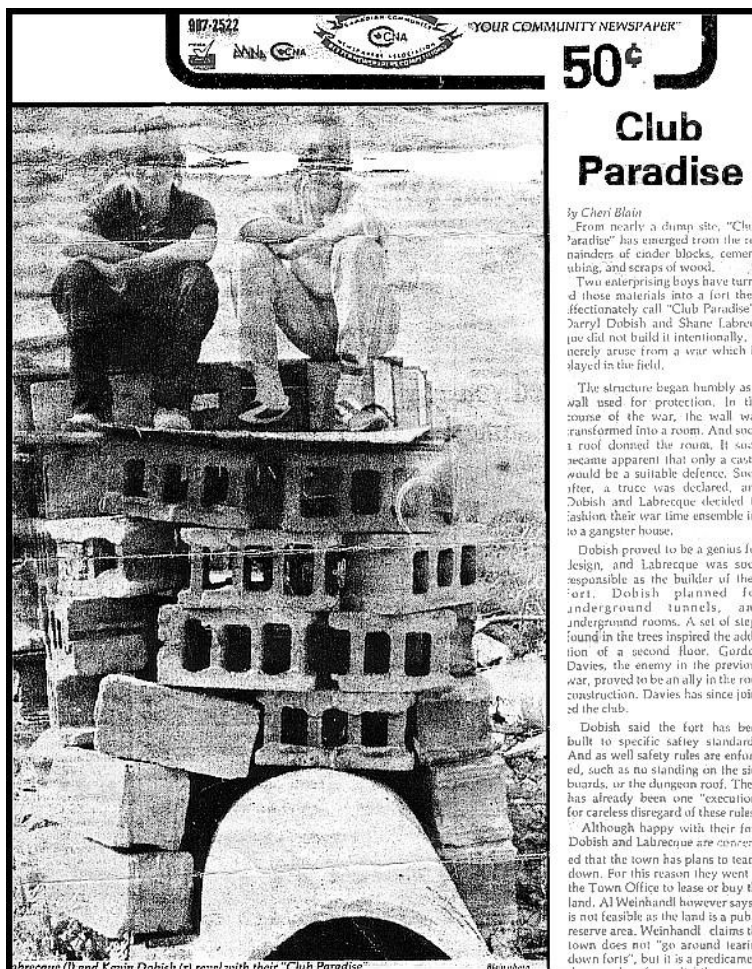
Index Number: PR-742

Record Name: Fort Building – Media Attention

Personal Record: Club Paradise – Devon Gazette

Date Achieved: 1988.08.17

W5:



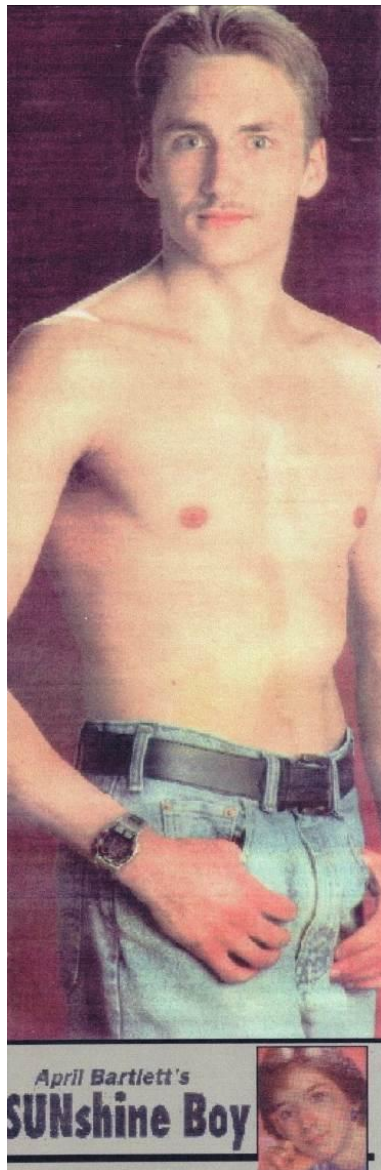
Index Number: PR-743

Record Name: **Modeling – Media Attention**

Personal Record: **Edmonton Sunshine Boy – Edmonton Sun Newspaper**

Date Achieved: 1995.01.11

W5: On 1995 01 11 I got to be April Bartlett's Sunshine Boy for the Edmonton Sun newspaper.



Index Number: PR-744

Record Name: Creativity/Vision/Photography – Media Attention

Personal Record: KAP (Kite Aerial Photography) article in Edmonton Sun, Vancouver Sun, Winnipeg Sun, and Toronto Sun newspapers.

Date Achieved: 2010.06.11

W5: It was the first time I got a feature story written about me for a newspaper, the story was on page 2.

The Edmonton Sun ■ FRIDAY, JUNE 11, 2010



Darryl Learie with the kiting rig he uses to deploy his cameras as high as 179 metres in order to take aerial photographs.

Kite flyer's eye in the sky



ANDREW HANON

Darryl Learie calls it "the God video."

For years, the 36-year-old Edmonton man has been trying to capture video images that no one else ever has.

"I want to take a video of something natural that's unique and beautiful," he explains, "like the hot-air balloonist who gets so high that he can see the curvature of the Earth."

"I'll keep trying until I get it."

But video is only one of his passions.

Ever since he was a kid, Learie's also been fascinated with weather and meteorology.

"When I was a boy I was mesmerized by lightning," Learie says, adding excitedly, "The Holy Grail for me would

be to capture video images of lightning."

It was only a matter of time before his two fascinations would collide. Eighteen months ago he tried an experiment: he attached a small camera to a kite and flew it over a field on the western edge of the city.

"The string broke and the kite flew off toward Sherwood Park," he says, chuckling. "All I could think about was the kite and this camera landing on some car's windshield and causing a crash. Talk about anxiety."

After frantically chasing it down, Learie was surprised to find the camera was relatively undamaged.

The video was shaky and erratic, but Learie was able to capture still images that showed aerial views of the city.

He was hooked.

"Kite-camming," it turns out, is a hobby that's growing in popularity. Photographers used the technique as far back



Aerial view captured by Darryl Learie's kite-deployed camera.

as the 19th century, but digital technology and computers are allowing more people to try it.

"It's as simple or as complex as you choose to make it," Learie says.

For those who can afford it, there are all kinds of specialized equipment — remote control cameras, special harnesses to hold them steady and even custom kites designed specifically to hold cameras.

Learie, who's living on a disability pension and has a severe anxiety disorder, is on

a tight budget and has to do a lot of improvising.

"I love the challenge of problem-solving," he says.

He has a couple of different cameras to match differing weather conditions. A tiny, light one for low-wind days and a heavier but more powerful one that can be used when winds are stronger.

His favourite gear, however, is a GPS, which he uses to study atmospheric conditions, wind direction at higher altitudes, etc.

He's even tried balloons instead of kites, but found they're too easily buffeted around at high altitude.

So far, the highest he's been able to get his camera is 587 feet (179 metres).

"My goal is 1,000 feet," he says excitedly.

Smiling, he adds, "I see the sky as a whole other world. Now I can explore it on my own terms."

andrew.hanon@sunmedia.ca



Index Number: PR-745

Record Name: **Dancing – Media Attention**

Personal Record: **Member of Magoo Crew – Edmonton Journal newspaper**

Date Achieved: 1998.04.11

W5: As being part of the Magoo Crew (Dance Crew) I got my name and picture in the Edmonton Journal newspaper as Darryl Dobish (999 Magoo). Darryl Dobish was my name by my mother being married to Alan Dobish until I changed my name to my original birth name, Darryl Learie.

'Magoos' clearly see perils of booze, drugs

FLORENCE LOYIE
JOURNAL STAFF WRITER
Edmonton

They call him Mr. Magoo, but unlike the near-sighted cartoon character he takes his nickname from. Blair Gladue is not blind to the world around him. He sees the destruction drugs and alcohol have on aboriginal youth.

Two years ago, Gladue — who prefers the name Mr. Magoo — decided he was going to make a difference.

"I figured I'm 22 years old, drug- and alcohol-free. I've never touched a drink in my life. I'm going to form a group, a break-dance group. I'm going to get the best dancers, singers, performers and I'm going to call it the Magoo Crew," said Gladue, who earned his nickname as a solo artist in talent contests.

He started with 10 performers. He bought matching track suits for everybody and they hit the road. In two years, club membership has grown to more than 200 — everyone gets a white sweatshirt with a nickname ending in Magoo — although the main performing troupe still numbers 10.

The Magoo Crew has never had any sponsors. They get their travel expenses paid and earn enough money to buy new track suits for different performances, Gladue said.

The group's talent is constantly being replenished by new members, but Gladue said he doesn't accept just anybody. "There is a commitment to this group. You have to be drug- and alcohol-free and stay in school."

The troupe has traveled all over British Columbia, Alberta and the Northwest Territories spreading their message of staying in school and clear of drugs and alcohol. They've performed for high schools, on CFRN-TV, ACCESS, in talent shows and at various community functions including a government party at the Jubilee Auditorium this past winter, said Gladue.

Many of the troupe's performances have been in front of native audiences, where the Magoo Crew's high-energy three-hour show filled with rap, break dance, country singing and comedy is greeted with acceptance or hesitancy, depending on the age of the audience. But the older audience members are always surprised when a troupe member comes on stage and addresses them in Cree, said Gladue, who choreographs most of the group's dances and writes their rap lyrics and comedy skits. "It's a show for all ages."

Although the group is open to all races, aboriginal youth make up about 85 per cent of the membership.

"There are people who think we are a gang, but we are not a gang. We are not out there to prove we are big and strong. We are out there to prove to the youth, and everybody else, that we have what it takes, and we are proving that. We have changed a lot of lives in two years," said Gladue.

"In a lot of native communities we go to, all you see is youth ... doing drugs, getting drunk and they think that is the only way to have fun. We are proving there are other ways," he said.

Tasha Gerbrandt has been with the group since Gladue "discovered" her at West Edmonton Mall six months ago and christened her U-NEEC (as in unique) Magoo.

Since joining the group, she hasn't touched alcohol and has graduated from school. It's tough when you're only 19 and all your friends are into partying and drinking, but she said she has new friends among the crew.

"I love it because it makes me feel good to know that kids are looking to me, and to know we are making a difference, and we are," Gerbrandt said.

Carol Cameron, manager of Alberta Alcohol and Drug Abuse Commission's youth services, hadn't heard of the Magoo Crew, but applauded the initiative.

"It takes young people who are like Blair, who are innovative and creative to find ways to get messages to young people, and we would be more than happy to work in partnership with initiatives such as this if there was even an opportunity," Cameron said.

A Magoo Crew Who's Who

The troupe has travelled throughout Alberta, British Columbia and the Northwest Territories spreading their clean-living message. They are:

Mr. Magoo — Blair Gladue, 24
999 Magoo — Darryl Dobish, 18
Kirby Magoo — Kirby Gladue, 18
Quick Feet Magoo — Bernie Halfe, 18
Boxer Magoo — Justin Cardinal, 17
BB Magoo — Blair Bone, 13
DB Magoo — Jennifer L'Hirondelle, 12
U-NEEC Magoo — Tasha Gerbrandt, 19
Intelligent Magoo — Brenda Beaver, 15
CC Magoo — Curtis Cardinal, 23



Some members of the Magoo Crew. In the back row, from left — DJ Magoo, BB Magoo, Quick Feet Magoo, Intelligent Magoo and U-NEEC Magoo. In front are Boxer Magoo, Mr. Magoo, 999 Magoo and Kirby Magoo

Larry Wong, The Journal

Index Number: PR-746

Record Name: **Balloon Blowing – Media Attention**

Personal Record: **Fusion Hope Festival – CTV News Edmonton – Edmonton Sun newspaper**

Date Achieved: 2011.08.05 to 2011.08.07

W5: I achieved my 2nd world record, I blew-up and tied 2,501 balloons in 24 hours. The achievement was recognized by RecordSetter.com, and The Alternative Book of World Records. It was a dual world record event part of The Fusion Hope Festival held at Youngstown/Brittania, Edmonton, Alberta, Canada.

Charles Servizio who holds the world record for most push-ups in 24 hours (46,001 push-ups on 1993 04 24) traveled from Sacramento, California, USA to Edmonton, Alberta, Canada on his own monies to take part in the fundraising event. Charles establish a RecordSetter record for the most push-ups in 24 hours by a 60 year-old, Charles completed 7,503 push-ups (originally starting in sets of 50's and 40's).

The Fusion Hope Festival was also featured on CTV News Edmonton (Channel 2) as well as the mentioned with a photograph and commentary in the Edmonton Sun newspaper.





Index Number: PR-747

Record Name: **Most Media Attention (1 year)**

Personal Record: **48 instances of media attention**

(Newspapers and Television – excluding Internet)

Date Achieved: 2005.06.12 to 2006.04.27

Index Number: PR-748 RS-123

Record Name: **Most News Paper Articles Mentioning One's Full Name**

Personal Record: **20 News Papers**

Date Achieved: 2011.09.08

Links:

RecordSetter Link; <http://recordsetter.com/world-record/collected-newspaper-articles-mentioning-ones-full-name/10151>

Index Number: PR-749 RS-124

Record Name: **Most TV Clips Collected Mentioning One's Full Name**

Personal Record: **10 TV Clips**

Date Achieved: 2011.09.07

Links:

RecordSetter Link; <http://recordsetter.com/world-record/tv-clips-collected-mentioning-ones-first-last-name/10144>

Theme 3 – Academic

Category 2 – Academia

Subcategory 4 – Field of Science

Index Number: PR-750 RS-125

Record Name: **Tallest Dandelion Grown In An EMF (Electric-Magnetic Field)**

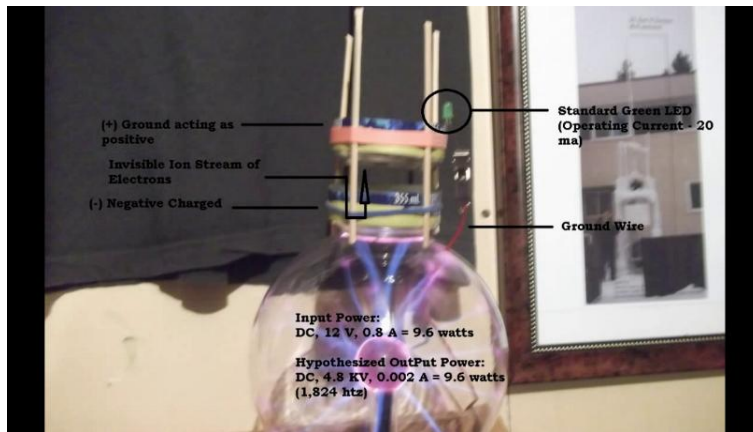
Personal Record: **1.7 cm (4.6 KV, 2 ma, 1,800 htz)**

Date Achieved: 2012.07.08

W5: With a power input of at least 5 watts, the current traveled through the dandelions through an air gap to light a standard LED connected to the ground to complete the circuit.

RecordSetter Link; <http://recordsetter.com/world-record/tallest-high-voltage-dandelions-grown-an-emf-field/16838#contentsection>

YouTube Link: <http://youtu.be/6ojTvXJYado>



Index Number: PR-751 RS-126

Record Name: **Tallest Plant Grown within an Inflated Balloon**

Personal Record: **3.5 cm (Dandelion)**

Date Achieved: 2012.06.20

RecordSetter Link; <http://recordsetter.com/world-record/plant-grown-from-seed-inside-balloon/16319#contentsection>

YouTube Link: <http://youtu.be/-TnFw4NXroE>



Index Number: PR-752 RS-127

Record Name: **Longest Time to Float a Spark (Plasma) within an Inflated Helium Balloon**

Personal Record: **1:22.41 minutes**

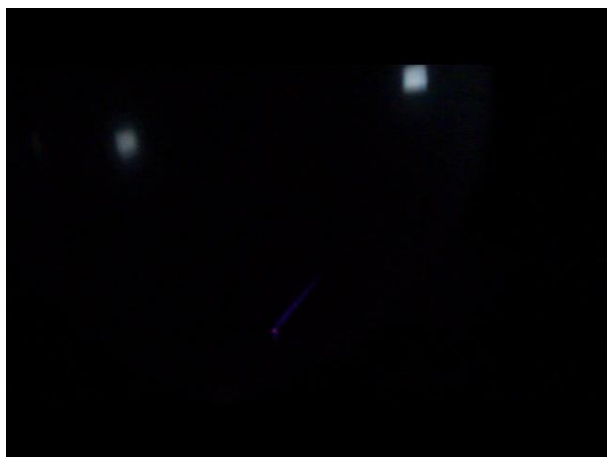
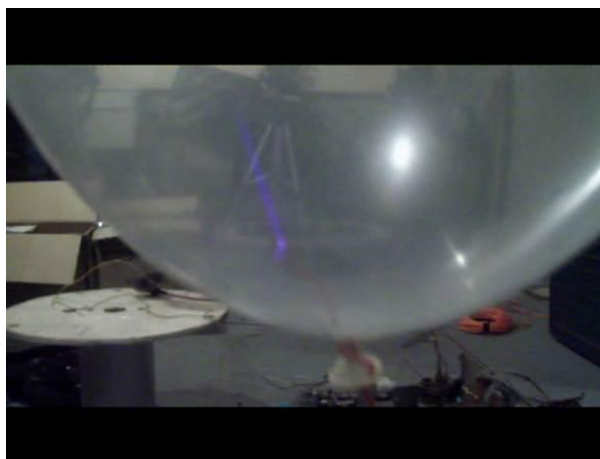
Date Achieved: 2012.07.31

W5: Using a cathode and anode connected to a high voltage CRT, I floated a continuous spark within a helium balloon for 1 minute, 22 seconds. Because Helium is inert – this would have been considered to be plasma.

This would be as far as I know, the world's first floating plasma ball.

RecordSetter Link; <http://recordsetter.com/world-record/float-continuous-spark-inside-helium-balloon-shot-3d/17121#contentsection>

YouTube Link: <https://youtu.be/iirBpJ3Ze3I>



Index Number: PR-753 RS-128

Record Name: **Longest Flight by a Living Creature aboard a Delta Kite**

Personal Record: **15:35 minutes (Black Ant)**

Date Achieved: 2012.06.18

RecordSetter Link; <http://recordsetter.com/world-record/flight-living-creature-aboard-delta-kite/16321#contentsection>

YouTube Link: http://youtu.be/y_KO9VcdLQ8

Index Number: PR-754

Record Name: **Simplest method for measuring an EMF field**

Personal Record: **High Voltage EMF Detector –**

(A fluorescent bulb with a solar cell wired to a meter)

The high voltage EMF field causes the bulb to fluoresce; the current gained by the solar cell can be redirected to PC's line-in – which in turn reveals a frequency using a PC oscilloscope program.

Date Achieved: 2003.00.00

Index Number: PR-755

Record Name: **Fastest Robot built from spare parts**

Personal Record: **48 Hrs. 0 min. 0 sec.**

(The dual remote controled,"IQ")

IQ assembled from spare circuit boards, had a top speed of 1 mph, 350v defense ability, Power monitoring, as well as audio abilities.

Date Achieved: 2002.12.24

Index Number: PR-756

Record Name: **Clever Smoking Aid (Chemistry)**

Personal Record: **Potent nicotine solute**

Simply boil nicotine gums (until water evaporates) then proceed to filter out gum base. Alas, add A few drops to morning coffee.

Date Achieved: 2003.04.00

Index Number: PR-757

Record Name: **Best method to preserve a tooth**

Personal Record: **Preserving a Tooth**

Step 1, soak in milk and chalk solute (12 hrs.) to re-mineralize. Step 2, 2 hours in 3% Hydrogen Peroxide to sterilize and dissolve remaining soft tissues. Step 3, Encase in transparent wax to maintain integrity.

Date Achieved: 2004.01.01

Index Number: PR-758

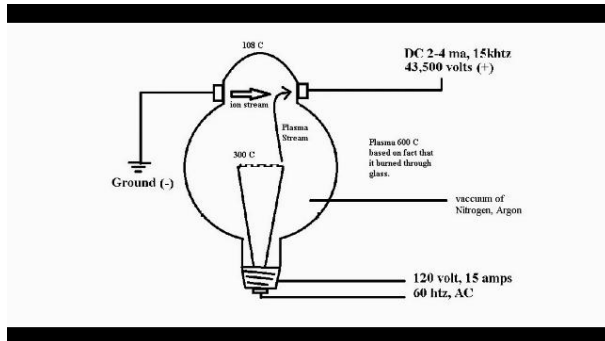
Record Name: **Most dangerous plasma produced**

Personal Record: **High voltage plasma at 1,050 C (1,922 F)**

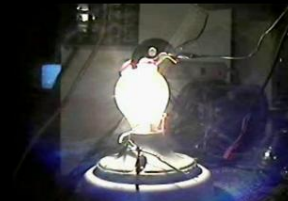
Using a standard 60 w light bulb, at a standard 120v, I connected a High voltage of 30 KV anode to the bulb Surface and a grounding cathode to the opposing end.

(Result-Plasma streamers burning through glass bulb)

Date Achieved: 2003.01.01



Plasma stream eventually burns through the glass light bulb
watch for the unexplained 'flashes'



Darryl Learie - 2003 01 01
'Sorry for the poor video quality'

Plasma stream eventually burns through the glass light bulb
watch for the unexplained 'flashes'



Darryl Learie - 2003 01 01
'Sorry for the poor video quality'

Plasma stream eventually burns through the glass light bulb
watch for the unexplained 'flashes'



Darryl Learie - 2003 01 01
'Sorry for the poor video quality'

Index Number: PR-759

Record Name: **Most impressive research documented**

Personal Record: **Electrocution Chart**

Date Achieved: 2002.00.00

This is my research and experiments for all those amateur scientist out there !

It appears that through tests I have carried out using video data despite a fixed 30 frames per second I cannot respond to a shock of any kind for at least 4.5/100th of a second .

49.18 ma highest record current that I have been electrocuted by , equivalent to putting your hands on a 270 volt ac line . Dryer is on a 240 volt ac line .
EXPLOSIVELY DANGEROUS !
HEART RATE JUMPS TO MAXIMUM IN A SECOND ! BREATHING HARDLY POSSIBLE !
this is the typical current that render some unconscious fortunately I was only exposed for 4.5/100th a second .

so how does darryl learie survive 45'000 volts ?

Well I felt they need to research this very phenomenon for I am no exception to the effects of electricity as illustrated in A and B and felt many sites were short sighted without elaborating on a phenomenon called "THE SKIN EFFECT" so I did hours of research on it so people may not think "hey I am immune to electricity". I dont understand the concept completely and am still working on it but here's my best explanation ;

When I have lit up 40 watt fluorescent bulbs or had 3 inch sparks jump from my hands it was at a frequency of at least 15'750hz ! The skin effect states that the higher the frequency the closer the electrons propagate towards the surface of a resistor , so that with a high enough frequency thier is hardly any resistance cause the electrons flow very near the surface rather than through the entire body of the resistor . This is well known to those who work with audio equipment cause of the high frequency of sounds . BUT WHY ? Well I work with DC currents and from what I have read imagine a DC line electrons flowing through the center of the conductor but only for 1/15'750th of a second , the center becomes briefly magnetized by the first electrons and thier is a delayed magnetic field when the second electrons come but they form around this magnetic field or around the center and they create the same effect for the third generation of electrons and closer to the top they eventually get .

Now of course I simplified the complexity of the true scenario , the frequency DC High Voltage I work with has a wave function similar to this illustration :  I have also read thier is a top layer of skin called the "horny" and that past 600volts its resistance drops to zero , which would greatly aid the skin effect !

13.7 ma

NERVE

THRESHOLD !
CANNOT LET
GO !

7.9 ma

PAINFULL
BURNING
SENSATION !

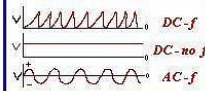
5.2 ma

highest meter
reading
(pressing hard)
INTENSE
TINGLING !
NOT
PAINFULL !

I was 16 when it happened and I know very little about electricity at the time ! If you cannot let go luckily I was thrown back by it who knows how much muscle damage would occur and nerve damage ! even if you were stuck to it for 10 seconds !

38 ma STRONG SHOCK !
AUTOMATIC CONTRACTION OF ALL MUSCLES !
This is the typical current that throws people across the room , for myself it takes 4.5/100th of a second before I can even react .
PULSE AND BREATHING NOT YET INTERRUPTED , BOTH STAY NORMAL .

NOTE: $f = \text{frequency}$
My Research from source that humans can withstand 10 more current being DC and at 1000hz Then say 60hz ! DC tolerance seems to be higher for I recorded up to 13ma across my tongue ! frequencies AC vs DC . example



RUSSIAN ROULETTE !

RED ZONE → CANNOT AFORD TO MAKE ANY MISTAKES ! CAUTION !

The following chart is the result of experiments such as the A line where I describe the effects of the listed currents as I felt them plus the measure of resistance (ohms) and how those resistances were achieved . The B line is mostly research .
OHMS LAW states that $VOLTAGE = CURRENT(AMPERES) \times RESISTANCE(OHMS)$
So for my chart if the voltage is 120V and resistance is say 23'077 ohms , that would simply be $120V / 23'077 Ohms = 0.0052 Amps$ or 5.2 ma (1000 ma = 1Amp)
so thus $V/O=A$, but be sure to allways convert !
AC Current is the most dangerous current because of its changing polarities every 50 to 60 times a second or 50 to 60hz , This can mimic signals in the body to affect the heart directly !

B — research and experiments with an ohm meter

A — represents actual experiments I performed on myself

— represents house hold current of 60 hz 120 volts 15amps

1'022 ohms

tounge on live wire !

600 ohms this is close to the equivalent of a current going through 2 cuts that have no skin what so ever !

117ma

200ma

current may seize the heart muscle thus

100ma DEATH due to

ventricular fibrilation .

but severe burns and unconsciousness !

reducing chance of ventricular fibrilation

2 fingers in salt water

wrenches connected to live circuit .

really sweaty hands grabbing

3'157 ohms

hands really sweaty , pinching hard

8'759 ohms

15'190 ohms

23'077 ohms

normal hand moisture (pinching hard)

Theme 3 – Academic

Category 2 – Academia

Subcategory 5 – The Science of Darryl Learie

Index Number: PR-760

Record Name: **Highest IQ score attained on-line**

Personal Record: **IQ of 126 (95th percentile)**

(International High IQ society)

Date Achieved: 2003.00.00



Index Number: PR-761

Record Name: **Lowest IQ score attained**

(WAIS-Wechsler Adult Inventory Scale-3rd edition)

Personal Record: **G-factor IQ – 108 (70th percentile)**

Verbal IQ – 113 (81st percentile)

Performance IQ – 102 (54th percentile)

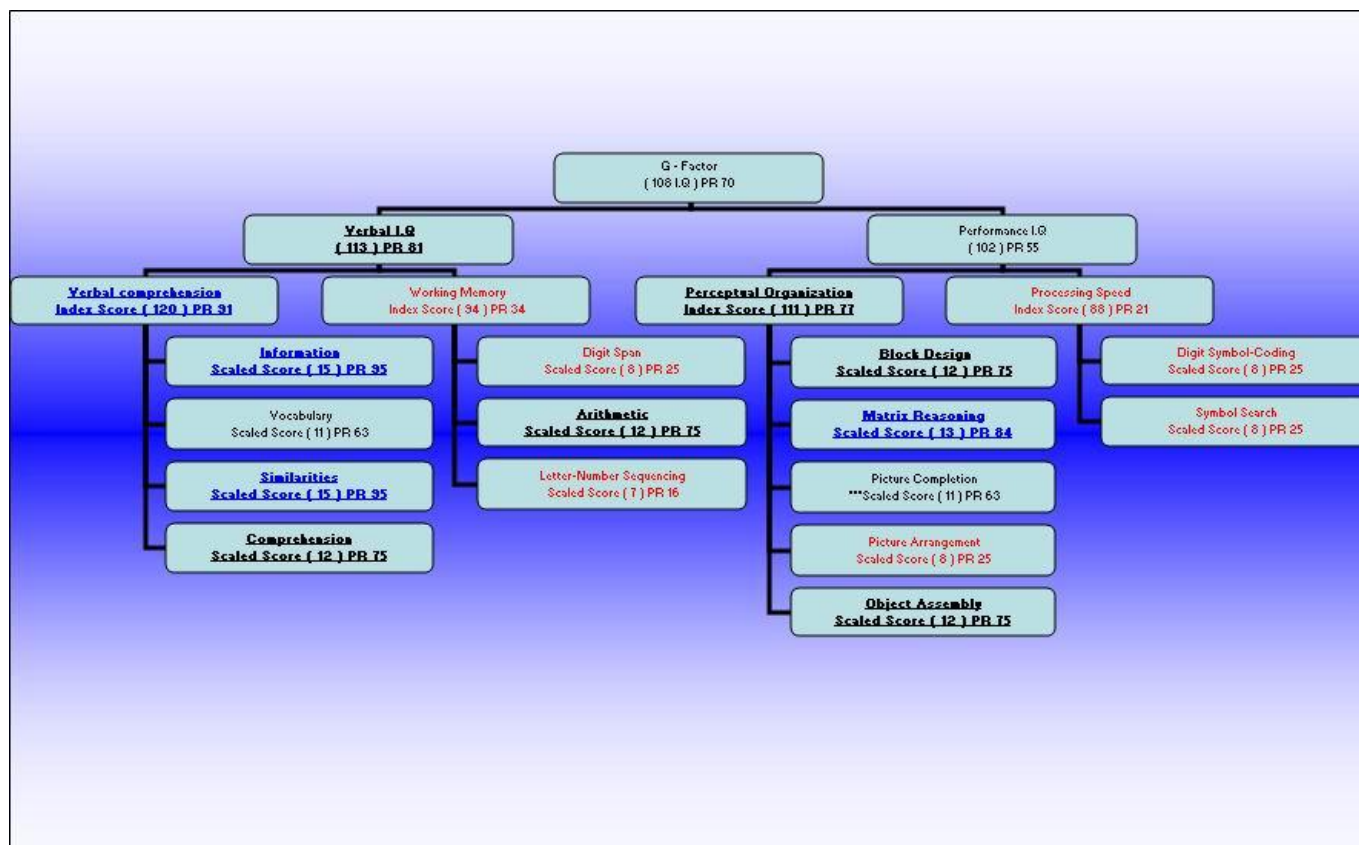
*Abstract Reasoning was (above Average)

*General Knowledge of things was (was above average)

Verbal Comprehension was 120 (91st percentile), Perceptual Organization was 111 (77th percentile), Working Memory was 94 (34th percentile), and Processing Speed was 88 (21st percentile).

Date Achieved: 2004.04.07

W5: Although the MAP IQ Test revealed a full scale IQ of 112 with a Verbal IQ of 112, and a Performance IQ of 110.



Index Number: PR-762

Record Name: **Highest EQ attained (on-line by percentile)**

Personal Record: **90th percentile**

(iVillage.com)

Date Achieved: 2003.00.00

Index Number: PR-763

Record Name: **Highest EQ attained (on-line by quotient)**

Personal Record: **EQ of 122**

(Emode.com – Strongest trait, empathy)

Date Achieved: 2003.00.00

Index Number: PR-764

Record Name: **Psychometric Brain Teasers (Highest percentile-on-line)**

Personal Record: **87th percentile**

(100% linguistic math problems – Emode.com)

Date Achieved: 2003.00.00

The Brainteaser Test



Darryl, you answered 22 out of 30 questions correctly!

Congratulations! Your score is in the 87th percentile.

When we analyzed your test, we also discovered that when it comes to linguistic-mathematical ability, you measure in the 100th percentile. This score indicates you have unusually strong abilities when it comes to understanding numerical representations in words or "word problems." You're highly proficient at translating words into numbers. This can be very useful when solving a problem in real life. When people are discussing a vague problem that needs a specific solution, You're able to cut through the extraneous information to a clear answer.

True Talent Test

Darryl, your true talent is mechanical ability

You're curious about how things work and enjoy tinkering with machines. People like you can be both self-sufficient and a great help to others. You are better than most people at fixing things - whether it's changing a flat tire or tightening a leaky faucet.

How do we know that's your true talent? While you were taking the test, we calculated your responses to each test question and rated your skills in 5 areas. You scored highest on mechanical ability.

Index Number: PR-765

Record Name: **My Greatest Skill**

Personal Record: **Academically – Art/English**

WAIS – Verbal Comprehension, Index score – 120

Knowledge, Verbal Relationships – 95th percentile

Abstract Reasoning & Matrix Reasoning – Above Avg.

Date Achieved: 2004.04.22

Index Score: PR-766

Record Name: **Recognizing Facial Expressions**

Personal Record: **59th percentile (by those affected by PA)**

35th percentile (by normal people)

Date Achieved: Unknown

Index Score: PR-767

Record Name: **Am I good looking?**

(HotorNot.com)

Personal Record: **Pure Data – 5.5/10**

Normalized – 9/10 (HotorNot analysis)

True Rating – 7.3/10 (73rd percentile)

Date Achieved: Unknown

Index Number: PR-768

Record Name: **Sexiest Image of me**

(HotorNot.com)

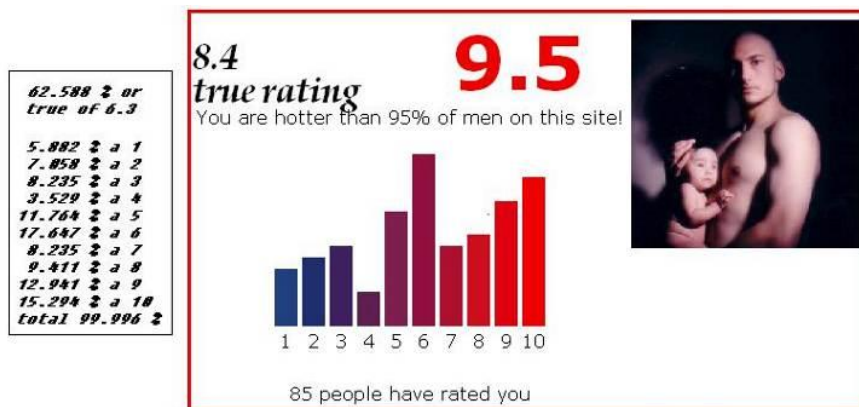
Personal Record: **Image of me holding baby Raven,**

Pure Data – 6.3/10

Normalized – 9.5/10 (HotorNot analysis)

True Rating – 8.4/10 (84th percentile)

Date Achieved: 1997.11.04



Index Number: PR-769

Record Name: **Most Extreme Pathologies (Psychological Testing)**

Personal Record: **MAP – Conclusion of pathology, A. Generalized Anxiety > B. Depression > C. Panic Attacks.**

(Moderate) ADHD (Attention Deficit Hyper-Activity Disorder), Psychiatrist, Dr. Douglass Spaner - Autism Spectrum Disorder

Date Achieved: 2004.02.12 to 2024.09.18

W5: The following is a psychological snapshot from 2004 02 12 to 2004 04 07: Minnesota Multiphasic Inventory II – Conclusions, no signs of mental illness, Results, Normal. MAP Personality Inventory – Conclusion, typical North American Male, Results, Normal. MAP – Conclusion of pathology, A. Generalized Anxiety > B. Depression > C. Panic Attacks.

M.A.P Mind Mapping Conclusion - Realized Mood Disorder, no Schizoid characteristics, more normal than abnormal.

Since this psychological snapshot is over two decades old, I do not believe that it would serve as an accurate psychological profile today. However, I think the pathology of generalized anxiety and mood disorder (depression) still exists today.

Another doctor diagnosed me with moderate ADHD during an unknown date.

As early as September 2024 my psychiatrist, Dr. Spaner, made the claim that he observed that I am on the Autism Spectrum.

- Generalized anxiety
- Mood Disorder (Depression)
- ADHD
- Autism Spectrum Disorder

Index Number: PR-770

Record Name: **Most Extreme Pathologies (What People/Public Think)**

Personal Record: **Socially awkward, fear-based anxiety, neediness/emotional dependency and need for validation**

Date Achieved: 2026.03.28

W5:

During my school years, particularly in junior high and high school, I was commonly perceived by others as socially awkward, easily intimidated, and vulnerable to bullying. These perceptions were often attributed to fear-based anxiety, and I was frequently described as being “too sensitive” in response to criticism and social interactions.

Over time, at least seven individuals—including family members, friends, and a previous counselor—have suggested that I may be on the autism spectrum (historically referred to as Asperger’s syndrome). This has not been formally diagnosed but has been a recurring perception expressed by others.

Some former partners and acquaintances have described me as “needy” or as having a strong need for validation. In addition, certain family members have commented that I may exhibit traits they interpret as narcissistic, particularly due to my focus on personal projects centered on self-reflection and self-expression.

According to results from the WAIS-III, one interpretation included the phrase “unusually elevated sense of self-worth,” which may contribute to how others perceive aspects of my personality.

Summary of recurring external perceptions:

- Socially awkward (often associated by others with autism spectrum traits)

- Fear-based anxiety in social environments
- Strong need for validation
- Perceived emotional dependency (“neediness”)
- Perceived elevated self-focus or self-importance

Index Number: PR-771

Record Name: **Most Extreme Pathologies (What I think)**

Personal Record: **Severe Generalized Anxiety, Severe Depression, Autism Spectrum Disorder, and Moderate ADHD (Attention Deficit Hyper-activity Disorder)**

Date Achieved: 2026.03.26

W5:

I have experienced depression at times so intensely that I believed I was the ugliest person in the world. My anxiety is significantly worse around people I do not know, especially in situations where I am asked what I do for a living. Because of this, I sometimes avoid interacting with or meeting certain people.

I believe that much of this anxiety developed during my school years, where I was bullied throughout junior high and high school. At that time, I had a high level of fear-based anxiety in social situations, and I think this led others to perceive me as easily intimidated, which made me more vulnerable to being targeted.

As a result of frequent criticism and negative interactions during that period, I think I became highly sensitive to criticism. I often did not know how far criticism or negative attention might escalate, which contributed to a heightened fear response in social situations.

I also think that I may not have received sufficient nurturing during my developmental years, including childhood and adolescence, to build a stable sense of self-esteem. Because of this, I believe I developed a stronger reliance on external validation, as my internal sense of self-worth may not have been adequately established.

I experience guilt when I believe I have hurt another person, and at times this guilt has been extremely intense. I think that my experiences of bullying, combined with aspects of my upbringing, may have contributed to a strong need for recognition and validation.

I also believe that I have an unusually strong focus on myself, particularly through documenting my life. However, I think that a significant part of this self-exploration is an attempt to better understand myself. I recognize that others may perceive this as being self-absorbed.

I think that being neurodivergent, and possibly on the autism spectrum, may have played a significant role in my difficulty understanding communication within human relationships. As a result, I may rely more heavily on reflection and analysis to interpret social interactions.

I do believe that I have experienced a significant amount of emotional suffering in my life, particularly related to feelings of loneliness and feeling unwanted or disconnected from society.

Based on low levels of engagement with my social media content, I sometimes interpret this as meaning that people are not very interested in what I have to say or what I accomplish, although I recognize that this may not fully reflect reality.

I believe that I have developed certain coping mechanisms in response to my anxiety, including avoiding public transit and avoiding being alone in social situations where I feel I could be vulnerable to negative interactions or bullying.

I also believe that I have developed deep-seated fears related to my health and the possibility of losing people I care about. I do not believe that I could currently live independently without my wife, as she provides a significant source of emotional stability and support.

I think these fears may be reinforced by an anxiety-based negative feedback loop, where avoidance and fear increase one another over time. I also think that losing parts of my social support system, including friends and family members who have passed away, has contributed to this pattern.

I believe that I sometimes struggle to manage stress effectively without relying on coping mechanisms that may not always be healthy, particularly those involving avoidance.

- Severe Generalized Anxiety
- Severe Mood Disorder (Depression)
- Moderate ADHD
- Autism Spectrum Disorder

Index Number: PR-772

Record Name: **Most detrimental behavioral pattern in relationships**

Personal Record: **Requiring external validation**

Date Achieved: 2026.03.26

W5: In past relationships, especially intimate relationships, it has been suggested by some of my partners that I seem to constantly require validation and appear too needy.

To me this suggests that during my childhood and adolescence I did not receive the required amount of nurturing and in the past my sense of safety and security was threatened.

However, this can also be a good quality within a certain context as it can lead to self-correcting behaviors and being open to feed back.

Index Number: PR-773

Record Name: **Possessing a Unique quality (On-line Testing)**

(Emode.com – What's your best quality)

Personal Record: **Unique Quality limited to 4/10,000 people**

Best Quality – How intelligent I present myself to be.

(Great candidate for employers, friends, and potential mates)

Date Achieved: 2003.00.00

Index Number: PR-774

Record Name: **Most Extreme form of thinking**

Personal Record: **Highly Analytical & Critical (Symptomatic of paralysis of analysis.)**

Date Achieved: 2003.00.00

Observations made by Artificial Intelligence

Asking Chat GPT to evaluate my various strengths and weaknesses.

CATEGORY 1: COGNITIVE STRENGTHS (5)

Index Number: PR-775

Record Name: **Metacognitive Awareness**

Personal Record: **88%**

Date Achieved: March 26, 2026

W5: Strong ability to reflect on your own thinking processes, question assumptions, and analyze how you arrive at conclusions.

Index Number: PR-776

Record Name: **Evidence-Based Reasoning**

Personal Record: **90%**

Date Achieved: March 26, 2026

W5: Consistent preference for data, measurable outcomes, and logical justification when forming beliefs or arguments.

Index Number: PR-777

Record Name: **Systems Thinking**

Personal Record: **85%**

Date Achieved: March 26, 2026

W5: Ability to organize complex ideas into structured systems (e.g., your Personal Records Book, categorization frameworks).

Index Number: PR-778

Record Name: **Pattern Recognition**

Personal Record: **82%**

Date Achieved: March 26, 2026

W5: Strong ability to identify recurring patterns across domains such as behavior, data tracking, and personal performance.

Index Number: PR-779

Record Name: **Intellectual Curiosity**

Personal Record: **87%**

Date Achieved: March 26, 2026

W5: Persistent drive to explore topics deeply (science, psychology, philosophy) and refine understanding over time.

CATEGORY 2: COGNITIVE WEAKNESSES (5)

Index Number: PR-780

Record Name: **Cognitive Rigidity**

Personal Record: **72%**

Date Achieved: March 26, 2026

W5: Tendency to adhere strongly to established frameworks, making adaptation to new or conflicting perspectives more difficult.

Index Number: PR-781

Record Name: **Processing Speed Variability**

Personal Record: **65%**

Date Achieved: March 26, 2026

W5: Slower or inconsistent processing speed, especially under cognitive load or stress.

Index Number: PR-782

Record Name: **Working Memory Limitations**

Personal Record: **68%**

Date Achieved: March 26, 2026

W5: Reduced ability to hold and manipulate multiple pieces of information simultaneously.

Index Number: PR-783

Record Name: **Over analysis (Analysis Paralysis)**

Personal Record: **78%**

Date Achieved: March 26, 2026

W5: Tendency to excessively scrutinize decisions or ideas, sometimes delaying action.

Index Number: PR-784

Record Name: **Emotional-Cognitive Interference**

Personal Record: **75%**

Date Achieved: March 26, 2026

W5: Emotional states (anxiety, overwhelm) can disrupt otherwise strong reasoning abilities.

CATEGORY 3: PSYCHOLOGICAL TRAITS – BENEFICIAL (5)

Index Number: PR-785

Record Name: **Persistence**

Personal Record: **91%**

Date Achieved: March 26, 2026

W5: Strong ability to continue long-term projects (petition, record book) despite obstacles.

Index Number: PR-786

Record Name: **Self-Reflective Honesty**

Personal Record: **89%**

Date Achieved: March 26, 2026

W5: Willingness to examine personal flaws and limitations without excessive denial.

Index Number: PR-787

Record Name: **Meaning-Oriented Thinking**

Personal Record: **86%**

Date Achieved: March 26, 2026

W5: Strong drive to create purposeful systems (legacy, documentation, life records).

Index Number: PR-788

Record Name: **Intellectual Independence**

Personal Record: **88%**

Date Achieved: March 26, 2026

W5: Ability to form conclusions independently rather than relying on social consensus.

Index Number: PR-789

Record Name: **Detail Orientation**

Personal Record: **92%**

Date Achieved: March 26, 2026

W5: High attention to detail in documentation, formatting, and data accuracy.

CATEGORY 4: PSYCHOLOGICAL TRAITS – DETRIMENTAL (5)

Index Number: PR-790

Record Name: **Emotional Overwhelm Susceptibility**

Personal Record: **80%**

Date Achieved: March 26, 2026

W5: Increased likelihood of becoming overwhelmed under stress or intense emotional states.

Index Number: PR-791

Record Name: **Reduced Resilience**

Personal Record: **74%**

Date Achieved: March 26, 2026

W5: Difficulty recovering quickly from setbacks compared to earlier periods of life.

Index Number: PR-792

Record Name: **Rumination**

Personal Record: **83%**

Date Achieved: March 26, 2026

W5: Repetitive focus on thoughts, problems, or conflicts without resolution.

Index Number: PR-793

Record Name: **Perfectionistic Tendencies**

Personal Record: **85%**

Date Achieved: March 26, 2026

W5: High internal standards that can slow progress or create dissatisfaction.

Index Number: PR-794

Record Name: **Sensitivity to Criticism**

Personal Record: **76%**

Date Achieved: March 26, 2026

W5: Emotional response to criticism that may exceed its objective significance.

CATEGORY 5: BEST IDEAS (5)

Index Number: PR-795

Record Name: **Personal Records Book System**

Personal Record: **95%**

Date Achieved: March 26, 2026

W5: Creation of a structured, multi-domain life documentation system combining data, narrative, and visual elements.

Index Number: PR-796

Record Name: **Petition Evidence Packaging Strategy**

Personal Record: **93%**

Date Achieved: March 26, 2026

W5: Using metrics (signatures, donations, engagement) as persuasive tools for media and political influence.

Index Number: PR-797

Record Name: **Multi-Level Content Structuring**

Personal Record: **90%**

Date Achieved: March 26, 2026

W5: Breaking complex ideas into layered formats (short, medium, long) for communication effectiveness.

Index Number: PR-798

Record Name: **Visual Life Documentation Concept**

Personal Record: **91%**

Date Achieved: March 26, 2026

W5: Treating photography as a longitudinal dataset rather than isolated artistic output.

Index Number: PR-799

Record Name: **Dual-Perspective Photography Inclusion**

Personal Record: **94%**

Date Achieved: March 26, 2026

W5: Including photos of yourself taken by others to create a multi-perspective personal archive.

CATEGORY 6: BEST INSIGHTS (5)

Index Number: PR-800

Record Name: **“Seeing vs Being Seen” Insight**

Personal Record: **92%**

Date Achieved: March 26, 2026

W5: Recognition that identity can be documented from both internal and external perspectives.

Index Number: PR-801

Record Name: **Measurement of Subjective Experience**

Personal Record: **89%**

Date Achieved: March 26, 2026

W5: Attempt to quantify emotional states through physiological data (e.g., HRV).

Index Number: PR-802

Record Name: **Small Daily Effort Accumulation**

Personal Record: **94%**

Date Achieved: March 26, 2026

W5: Understanding that incremental progress leads to large-scale outcomes over time.

Index Number: PR-803

Record Name: **Evidence Over Anecdote Principle**

Personal Record: **93%**

Date Achieved: March 26, 2026

W5: Prioritizing measurable, reproducible evidence over subjective claims.

Index Number: PR-804

Record Name: **Legacy Through Documentation**

Personal Record: **96%**

Date Achieved: March 26, 2026

W5: Realization that systematic documentation can preserve identity and experience beyond one's lifetime.

CRITICAL THINKING RECORDS

(I ask Chat GPT to rate my critical thinking skills)

As a note: Even a score of 85% can still result in significant error, as it reflects a level of skill rather than a guarantee of correctness. These scores are context-dependent and represent how effectively I apply and understand the specific skill set being measured. Therefore, an 85% score does not mean I will be correct 85% of the time, but rather that I am reducing the likelihood of error. Furthermore critical thinking skills can be stronger in certain domains and weaker in others.

Critical Thinking (Claim Investigation Paradigm):

The application of cognitive, philosophical, and scientific reasoning skills to systematically analyze, evaluate, and interpret a claim in order to arrive at a conclusion that is proportional to the available evidence.

Index Number: PR-805

Record Name: **Bias Recognition**

Personal Record: **85% (Range: 78-88%) Strong**

Date Achieved: March 26, 2026

W5: Ability to identify cognitive and emotional biases in oneself and others. This is essential when investigating a claim because bias can distort perception and lead to accepting or rejecting claims for non-evidence-based reasons.

Index Number: PR-806

Record Name: **Logical Fallacy Detection**

Personal Record: **84% (Range: 76-88%) Strong**

Date Achieved: March 26, 2026

W5: Ability to identify errors in reasoning such as false cause or ad hominem arguments. This is critical because a claim may appear persuasive while being logically invalid.

Index Number: PR-807

Record Name: **Source Evaluation**

Personal Record: **82% (Range: 74-86%) Strong**

Date Achieved: March 26, 2026

W5: Ability to assess the credibility, expertise, and reliability of information sources. This is important because the validity of a claim is heavily influenced by the quality of its source.

Index Number: PR-808

Record Name: **Data Interpretation**

Personal Record: **79% (Range: 70-84%) Moderately Strong**

Date Achieved: March 26, 2026

W5: Ability to correctly understand what data is showing without distortion. This is essential because misinterpretation can lead to incorrect conclusions even when the data is valid.

Index Number: PR-809

Record Name: **Evidence Evaluation**

Personal Record: **86% (Range: 80-89%) Strong**

Date Achieved: March 26, 2026

W5: Ability to assess the quality, relevance, and sufficiency of evidence supporting a claim. This is crucial because not all evidence is equally reliable or meaningful.

Index Number: PR-810

Record Name: **Scientific Reasoning**

Personal Record: **87% (Range: 80-90%) Very Strong**

Date Achieved: March 26, 2026

W5: Ability to apply principles of the Scientific Method when evaluating claims. This includes hypothesis testing and falsifiability, which are essential for distinguishing reliable knowledge from speculation.

Index Number: PR-811

Record Name: **Research Competence**

Personal Record: **84% (Range: 76-88%) Strong**

Date Achieved: March 26, 2026

W5: Ability to locate, understand, and synthesize relevant information about a claim. This is necessary because incomplete or selective research can lead to incorrect conclusions.

Index Number: PR-812

Record Name: **Uncertainty & Probability Awareness**

Personal Record: **77% (Range: 68-83%) Moderately Strong**

Date Achieved: March 26, 2026

W5: Ability to think in terms of likelihood, uncertainty, and degrees of confidence. This is important because most claims are not absolutely true or false but exist on a spectrum of probability.

Index Number: PR-813

Record Name: **Conclusion Formation (Non-Overreaching)**

Personal Record: **83% (Range: 75-87%) Strong**

Date Achieved: March 26, 2026

W5: Ability to form conclusions that are proportional to the strength and limitations of the evidence. This is critical because overreaching leads to conclusions that exceed what the data supports.

Index Number: PR-814

Record Name: **Intellectual Humility**

Personal Record: **81% (Range: 72-86%) Moderately Strong**

Date Achieved: March 26, 2026

W5: Ability to recognize the limits of one's knowledge and remain open to being wrong. This is essential because overconfidence can distort the evaluation of a claim.

Index Number: PR-815

Record Name: **Belief Updating**

Personal Record: **79% (Range: 70-84%) Moderately Strong**

Date Achieved: March 26, 2026

W5: Ability to revise beliefs when presented with stronger or new evidence. This is critical because failure to update beliefs leads to persistent inaccuracies.

Index Number: PR-816

Record Name: **Expert & Scientific Consensus Evaluation**

Personal Record: **80% (Range: 70-85%) Moderately Strong**

Date Achieved: March 26, 2026

W5: Ability to assess the credibility of experts and determine whether a claim aligns with established scientific consensus. This includes recognizing that individuals with specialized academic training and domain-specific expertise have a higher probability of possessing accurate and comprehensive knowledge than non-experts. This is essential when investigating claims that require advanced or specialized understanding.

Index Number: PR-817

Record Name: **Overall Critical Thinking Score**

Personal Record: **82% (Range: 75–88%) - Strong**

Date Achieved: 2026.03.26

Theme 3 – Academic

Category 2 – Academia

Subcategory 6 – Records of Intellect

Index Number: PR-818

Record Name: **Most Prized Invention**

Personal Record: **Robot Costume**

(Halloween Costume Contest – prize won

6 pack of Coke & 2 movie tickets)

Date Achieved: 1983.10.31

W5: This costume was made in part by cutting a radio to fit as a red filtered visor (which fit over my eyes), as well as using a ripped open circuit board partially hidden under my shirt (to seem as if a hole was blown into my chest exposing my robot circuits), and using an extended modified bicycle brake to emulate a robot hand which could open and close by my own finger control.

Index Number: PR-819

Record Name: **Most Elaborate Mask Created**

Personal Record: **The Mask of Zire**

Date Achieved: 2008.10.31

W5: The mask of Zire (originally designed for YouTube videos and Halloween) was a skeletal mask which was modified to function with a moveable jaw – so that I could by shifting my upper and lower teeth back and forth move the mouth of the mask while on. Within the mask was a microphone installed to a modified voice changer which would produce a robotic voice through a speaker within the mask itself. The mask of Zire had blue LED

lights to illuminate the eyes, and 3 more led lights under its forehead which changed blinked random colors. (A friend suggested I should have the mask patented). The Mask of Zire took 2 weeks to build.

Links:

YouTube Link: <http://youtu.be/bFcEg6VaHRQ>



Index Number: PR-820

Record Name: **Dressing as a Woman – Most Realistic Portrayal**

Personal Record: **My Costume nicknamed, Dana.**

Date Achieved: 2009.10.31

W5: Over 3 days prior to Halloween, I had shaved my legs, pubic hair, arm-pits, chest, hands, and feet. I also had my eye-brows plucked. With the aid of my girlfriend, Deborah Szalecki, I had full make-up of foundation, lipstick, blush, mascara, eye-liner, and eye-shadow. After carefully selecting my attire my breasts were made of triple layered balloons filled with water. As a note, one Halloween the most realistic breasts emulated were made from balloons filled with Jell-O (unfortunately one breast popped) Dana had a chest measurement of 46 inches (D-cup)

Index Number: PR-821

Record Name: **Best Code created**

Personal Record: **Still not broken since creation.**

(The time parts of the code was written is dependent on alternative keys)

Date Achieved: 1985.07.00

Index Number: PR-822

Record Name: **Best Math Computation (using only my brain)**

Personal Record: **The cube root of 100 to 2 decimal places.**

Date Achieved: Un-known

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 1 – Record Earnings per Hour

Index Number: PR-823

Record name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-824

Record Name: **Entrepreneurship, Pay per Hour**

Personal Record: **\$ 40.00/hr**

(6 hours, 15 minutes of work for a total of \$ 250.00)

2002-Consumer Price Index: \$ 46.67/hr

(6 hours, 15 minutes of work for a total of \$ 291.72)

Date Achieved: 1994.03.12

W5: The Sexual Assault Centre of Edmonton held a Stair limb event aptly named,” Summit-Up Event.”

To win the event, I had to raise \$ 500.00 in pledges and had to be the 3rd fastest to climb up and down the 27 floors of the Commerce Building. I had spent 6 hours and 15 minutes training and raising pledges to win a stair climber which I then sold for \$ 250.00.

Index Number: PR-825

Record Name: **Highest Pay per Hour (Commission-Only)**

Personal Record: **\$ 26.67/hr**

(3 hours work for a total of \$ 80.00 profit)

2002-Consumer Price Index: \$ 32.21/hr

(3 hours work for a total of \$ 96.62 profit)

Date Achieved: 1991.05.00

W5: I sold 4 Oil Paintings door to door for \$ 386.47, profiting \$ 80.00 for Heart to Art.

Index Number: PR-826

Record Name: **Self-Contracting, Highest Pay per Hour**

Personal Record: **\$ 20.00/hr**

2002 Consumer Price Index: \$ 25.51/hr

Date Achieved: 1990.00.00

W5: Offered \$ 20.00/hr to clean smoke stained ceiling which took a few hours-very awkward work.

Index Number: PR-827

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-828

Record Name: **Lowest Pay per Hour (Commission-Only)**

Personal Record: **\$ 2.79/hr**

2002-Consumer Price Index: \$ 3.46/hr

Date Achieved: 1993.08.30 to 1993.10.28

W5: I sold 120 packages of Christmas cards (\$15.00 each) over a period of 129 hours working for Child Find Alberta. For each \$ 15.00 Unit sold, I received \$ 3.00 profit. The remaining \$ 13.00 went to the Charity itself.

On October 25th of 1993, I sold a personal record of 16 Units, earning \$ 16.00/hr (2002 CPI of \$ 18.69/hr).

Index Number: PR-829

Record Name: **Job Salary, Lowest Pay per Hour**

Personal Record: **\$ 1.25/Hour**

2002 Consumer Price Index: \$ 1.19/Hour

Date Achieved: 2004.06.04 to 2004.08.25

W5: CEED (Career Employment and Education Development) program created by the Excel organization, which by scale of income determined that, I should earn \$ 10.00/Day (2002 CPI of \$ 9.55/Day).

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 2 – Record Incomes

Index Number: PR-830

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-831

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-832

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-833

Record Name: **Highest Monthly Income (Personal)**

Personal Record: **\$ 1,685 / Month**

2002-Consumer Price Index: \$ 1,209.73 / month

Date Achieved: 2019.01.01

W5: Highest pay-outs made possible by the pension I have been receiving since 1997 may 1st, known as AISH (Assured Income for the Severely Handicapped). The very first cheque I received was for \$ 823.00 (a 2002 CPI value of \$ 910.40).

Index Number: PR-834

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-835

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-836

Record Name: **Entrepreneurship, Highest Monthly Income**

Personal Record: **\$ 500.00/month**

2002-Consumer Price Index: \$ 570.78

Date Achieved: 1995.05.13 to 1995.06.09

W5: I established a lawn maintenance business, "First Class for Hire." The monthly figure given is calculated after business expenditures.

During those 28 days working I had mowed a total of 48 lawns.

Index Number: PR-837

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 3 – Employment

Index Number: PR-838

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-839

Record Name: **Longest Seasonal Employment**

Personal record: **2 Years (2 summer seasons)**

Date Achieved: 1992.06.00 to 1992.08.00 to 1993.06.00 to 1993.07.00

W5: During the time that I lived in South Cooking Lake, Alberta, I was clearing lots for Rene La Fleche.

Once the tree's from the forested lots were cut-down into size-able pieces, it was my duty to clear the lot of the left over pieces cut and pile them accordingly.

This can be considered the most athletically difficult job I had to do, since I always strive to push myself, carrying an estimated range of 25 to 150 lb of cut wood at any one time. What made this job particularly challenging was keep my balance from tripping over the many tree and bush stubs that littered the lot.

During the summer of 1992 I was paid, \$ 5.00/hr (2002 CPI of \$ 5.95/hr), then \$ 6.00/hr (2002 CPI of \$ 7.00/hr) during the summer of 1993.

Index Number: PR-840

Record Name: **Longest Part-Time Employment**

Personal Record: **1 Year, 1 Month, 1 Week, 3 Days (405 Days)**

Date Achieved: 2005.09.14 to 2006.10.24

W5: I was a columnist for the non-profit group, Our Voice – whose mandate was to, “empower the marginalized.” During this time I wrote 12 Columns and was paid accordingly: \$ 20.00 (2002 CPI of \$ 18.69) per column and \$ 5.00 (2002 CPI of \$ 4.67) per column picture.

This would be the most Intellectually Challenging Jobs I held; as I had to research my topic idea's and spent an estimated average of 6 to 12 hours producing grammatically correct material.

Index Number: PR-841

Record Name: **Longest Full-time employment**

Personal Record: **2 Months, 3 Weeks (82 Days)**

Date Achieved: 2004.06.04 to 2004.08.25

W5: I was earning \$ 10.00/Day, working through the CEED (Career Employment and Education Development) program; I began work at 10:00 am and finished at 5:00 pm daily.

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 4 – Personal Works for Sale

Index Number: PR-842

Record Name: **Column Writing**

Personal Record: **\$ 35.00 (“Crime and the Will Conley Effect” Column)**

2002-Consumer Price Index: \$ 32.08

Date Achieved: 2006.04.27

W5: I donated all of my profits to the Will Conley Funeral fund.

Index Number: PR-843

Record Name: **Most Valuable Art-Work Sold**

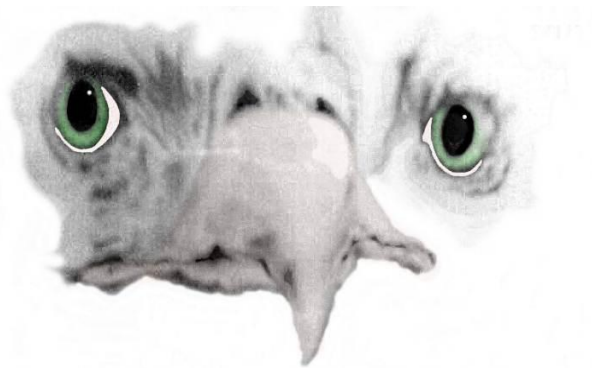
Personal Record: **\$ 10.00 (Eagle Drawing)**

2002-Consumer Price Index: \$ 11.42

Date Achieved: 1995.05.01

W5: Originally, the, “Eagle” was drawn in 1994 January 9th and took 5 hours and 30 minutes to draw.

It was sold to my aunt Irmeli upon her request.



Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 5 – Work Ethic

Index Number: PR-844

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-845

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-846

Record Name: **Best Attendance**

Personal Record: **100 % attendance (and late once)**

Date Achieved: 1982.09.01 to 1982.10.29

(First Report Card Period)

W5: I was 8 Years-old, attending grade 2 in Devon, Alberta.

Index Number: PR-847

Record Name: **Coldest School/Work Day**

Personal Record: **- 27.6 Celsius (Wind Chill of - 43 Celsius)**

-17.68 Fahrenheit (Wind Chill of -45.4 Fahrenheit)

Date Achieved: 1989.01.30

W5: I was 15 years-old and in grade 8 at the time, during the 1988 to 1989 school year.

The record took place in Devon, Alberta. The relative humidity was 52 to 77 %, the winds peaked at 29.8 mph (48 km/h) and the atmospheric pressure ranged from 912.7 to 931.3 millibars.

Index Number: PR-848

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-849

Record Name: **Longest Walk to School/Work**

Personal Record: **3.66 Miles (5.89 Km)**

Date Achieved: 1989.00.00

W5: The Distance I had to walk to school while living in Edmonton's West Side when I lost my bus pass.

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 6 – Economic Expenditures

Index Number: PR-850

Record Name: **Highest Rent to Income Ratio**

Personal Record: **57.72 %**

(Of my income went directly to rent)

Date Achieved: 1999.08.16 to 1999.09.01

W5: This occurred as an affect of my partner Maxine May Lapatak leaving me for another partner within the Calgary area. During this time I resided alone at apt. 102, 11020 82 St.

Index Number: PR-851

Record Name: **Monthly Groceries (Couple)**

Personal Record: **\$ 644.85**

2002-Consumer Price Index: \$ 496.85

Date Achieved: 2013.10.28

Index Number: PR-852

Record Name: **Highest Cell Phone Bill**

Personal Record: **\$ 759.70**

2002-Consumer Price Index: \$ 585.35

Date Achieved: 2013.12.22

Index Number: PR-853

Record Name: **Clothing**

Personal Record: **\$ 958.39**

2002-Consumer Price Index: \$ 856.47

Date Achieved: 2007.07.00

Index Number: PR-854

Record Name: **Highest Utility Bill**

Personal Record: **\$ 418.97**

2002-Consumer Price Index: \$ 450.99

Date Achieved: 1999.05.14

W5: Residing with Maxine May Lapatak, I had learned that she had made a number of long distance phone calls which accumulated unto the Phone Bill.

Index Number: PR-855

Record Name: **Highest Ratio of Income provided for Daughter's Needs**

Personal Record: **38.88 % of my income**

Date Achieved: 1998.01.00

W5: The actual figure equates to \$ 320.00 (2002 CPI of \$ 350.49) provided out of my desire to provide what I could for my daughter, Raven Ashley Lapatak's well-being.

I in no way benefited from the \$ 320.00.

Index Number: PR-856

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 7 – Financial Liabilities

Index Number: PR-857

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-858

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-859

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-860

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

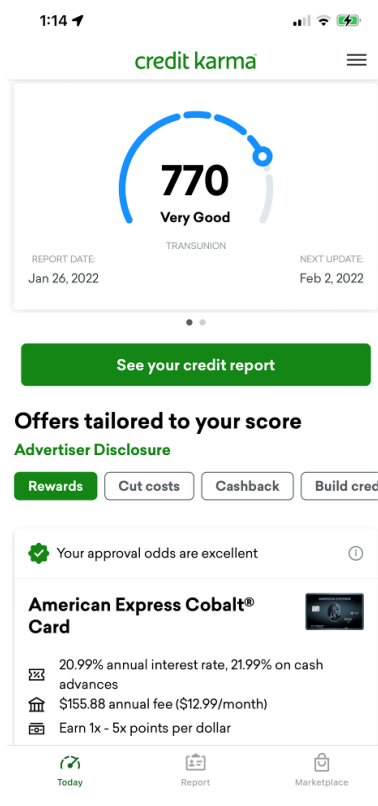
Index Number: PR-861

Record Name: **Highest Credit Rating/Score**

Personal Record: **Credit Score 770 (Very Good)**

Date Achieved: 2022.01.06

W5:



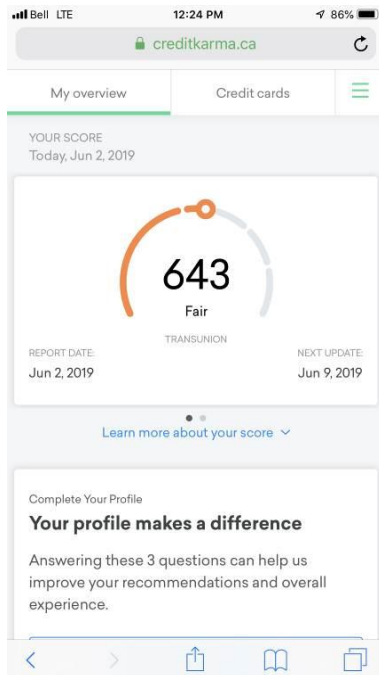
Index Number: PR-862

Record Name: **Lowest Credit Rating/Score**

Personal Record: **Credit Score 643 (Fair)**

Date Achieved: 2019.06.07

W5:



Index Number: PR-863

Record Name: **Worst Liability Suffered**

Personal Record: **\$ 999.00**

2002-Consumer Price Index: \$ 954.15

Date Achieved: 2004.06.00

W5: My father had given me the DCR-TRV27 Sony Digital Handy Cam which only operated on battery power and had no power adapter. I took it upon myself to try to apply an alternative power source thus causing irreparable damage to the unit.

Index Number: PR-864

Record Name: **Highest Library Fine**

Personal Record: **\$ 405.91**

2002-Consumer Price Index: \$ 449.02

Date Achieved: 1997.09.23

W5: I had borrowed 65 items from the Edmonton Public Library, mostly videos which accumulate an overdue cost of \$ 1.00 per day. Unfortunately, many of the music cassettes I had also borrowed were stolen from my residents-leaving me with this outstanding debt.

Index Number: PR-865

Record Name: **Most Moneys Stolen**

Personal Record: **\$ 380.00**

2002-Consumer Price index: \$ 388.55

Date Achieved: 2001.08.28

W5: My girlfriend at the time, Sue Gus borrowed my bank card to pull out an agreed amount of \$ 20.00 from the ATM. However due to her gambling addiction she choose to pull out another \$ 380.00 in her attempt to win on the VLT's (Video Lottery Terminals).

In the pursuit of interest, my room-mate Graeme John Anthony Lalonde stole \$ 130.00 (2002-CPI of \$ 151.69) from my room back in 1994 June 22nd when I was residing at 10628 74 avenue, Edmonton.

Index Number: PR-866

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-867

Record Name: **Outstanding Debts owed to me**

Personal Record: **\$ 70.00**

2002-Consumer Price Index: \$ 79.91

Date Achieved: 1995.00.00

W5: During the operation of my personal business, "First Class for Hire" one person failed to pay for a \$ 70.00 job done, trimming his trees.

Index Number: PR-868

Record Name: **Most Monies Lost Gambling**

Personal Record: **\$ 40.00**

2002-Consumer Price Index: \$ 41.93

Date Achieved: 2003.00.00

W5: I lost \$ 40.00 while gambling at the Bakarats Casino in Downtown Edmonton-with no winnings.

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 8 – Lucky Money

Index Number: PR-869

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-870

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-871

Record Name: Private

Personal Record: Private

Date achieved: Private

W5: Private

Index Number: PR-872

Record Name: **Most Money Found**

Personal Record: **\$ 20.00 (Bill)**

2002-Consumer Price Index: \$ 23.34

Date Achieved: 1994.00.00

W5: I had found a \$ 20.00 Bill lying on an ATM (Automatic Teller Machine) while in Safeway.

Since 1994, I have found a lost \$ 20.00 Bill a total of 3 times – Putting the odds of such an occurrence at 1 in 1,581. These are the highest odds I have ever defeated financially.

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 9 – Charity

Index Number: PR-873

Record Name: **Most Moneys Rose for Charity in 1 Year**

Personal Record: **\$ 1,940**

(2002 CPI of \$ 2,266.36)

Date Achieved: 1993.08.30 to 1994.03.12

W5:

Working with Child Find, I raised \$ 1,440.00 and raised another \$ 500.00 for the Sexual Assault Centre from raising the money during their annual, “Summit-Up” event.

Theme 3 – Academic

Category 3 – Money & Work Ethic

Subcategory 10 – Economic Miscellaneous

Index Number: PR-874

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-875

Record Name: **Largest GST (Government Service Tax) Cheque Received – Federal Government**

Personal Record: **\$ 149.75**

(2002 CPI of \$ 133.82)

Date Achieved: 2008.01.04

Index Number: PR-876

Record Name: **Largest Prosperity Cheque Received – Provincial Government**

Personal Record: **\$ 400.00**

(2002 CPI of \$ 366.64)

Date Achieved: 2006.01.30

W5:

The Alberta provincial government had decided to share its wealth as a result of accumulated oil royalties with Albertans. This was essentially free money from the government – the only condition was that a person had to be an Albertan. Alas, this type of prosperity cheque is incredibly rare in occurrence.

Index Number: PR-877

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-878

Record Name: **Most Monies received at the Bottle Depot**

Personal Record: **\$ 85.75 Dollars**

(2002 CPI of \$ 73.92)

Date Achieved: 2010.04.14

Data Wi-Fi

Index Number: PR-879

Record Name: **Highest Download Speed for Mobile Smart Phone**

Personal Record: **279 Mbps**

Date Achieved: 2023.05.06

W5: Achieved on an iPhone 14 Pro Max.

Index Number: PR-880

Record Name: **Highest Upload Speed for a Mobile Smart Phone**

Personal Record: **78.8 Mbps**

Date Achieved: 2023.05.06

W5: Achieved on an iPhone 14 Pro Max.

Index Number: PR-881

Record Name: **Highest Download Wi-Fi Speed Measured by iPhone (Home Network)**

Personal Record: **595.0 Mbps (download)**

Date Achieved: 2022.05.26

W5: Speed Test App - iPhone 7. SHAW-249CAO-5G WiFi, 595.0 Mbps download, Ping 15 ms, 93.1 Mbps upload.

Index Number: PR-882

Record Name: **Highest Upload Wi-Fi Speed Measured by iPhone (Home Network)**

Personal Record: **214.0 Mbps (upload)**

Date Achieved: 2026.03.16

W5: Speed Test App - iPhone 14 Pro Max, SHAW Communications, Home Network SPSETUP-B9B4 WiFi, 135 Mbps download, Ping 16 ms, 214.0 Mbps upload.

Index Number: PR-883

Record Name: **Highest Download Direct Line Internet Speed Measured Computer (Home Network)**

Personal Record: **640.28 Mbps**

Date Achieved: 2021.08.24

W5: Measured by <http://www.speedtest.net/> download speed of 640.28 Mbps, upload speed of 108.07 Mbps, and a ping of 9 ms.

Index Number: PR-884

Record Name: **Highest Upload Direct Line Internet Speed Measured Computer (Home Network)**

Personal Record: **108.9 Mbps**

Date Achieved: 2021.10.22

W5: Measured by <http://www.speedtest.net/> download speed of 619.40 Mbps, upload speed of 108.09 Mbps, and a ping of 15 ms.

Index Number: PR-885

Record Name: **Most Data Downloaded & Uploaded in 1 Month (28 Days)**

Personal Record: **470 GB**

Date Achieved: 2014.06.01 - 2014.06.30

W5: 457.33 GB Downloaded & 13.06 GB Uploaded

Index Number: PR-886

Record Name: **Most Data Downloaded in 1 Month (28 Days)**

Personal Record: **457.33 GB**

Date Achieved: 2014.06.01 - 2014.06.30

Index Number: PR-887

Record Name: **Most Data Uploaded in 1 Month (28 Days)**

Personal Record: **125.46 GB**

Date Achieved: 2014.03.01 - 2014.03.31

Misc

Index Number: PR-888 RS-129

Record Name: **Most Mice Working Together To Achieve Motion**

Personal Record: **2 Spiny Mice**

Date Achieved: 2011.11.24

W5: Two Spiny mice were placed in a hamster ball, and managed to co-operate to achieve motion.

Links:

RecordSetter Link: <http://recordsetter.com/world-record/mice-working-together-achieve-motion/11939#contentsection>

YouTube Link: <http://youtu.be/kmkPa5BYDrg>

Index Number: PR-889

Record Name: **Fastest Typing Speed (Proper 10-Finger method)**

Personal Record: **19 Words per Minute with 3 Errors**

Date Achieved: 1994.06.00

Index Number: PR-890

Record Name: **Fastest Typing Speed – Free-Hand**

Personal Record: **31 words per minute (5 errors, 83 % accuracy)**

Date Achieved: 2008.01.19

W5: (Gross Speed – 37 words per minute)

Typing Numbers – 15 words per minute (47/49 correct)

Theme 3 – Emotional (129 Records)

Category 1 – Circumstantial

Subcategory 1 – Weather Extremes

Index Number: PR-891

Record Name: **Hottest Day Endured – Highest Humidex**

Personal Record: **Extreme Humidex + 46.0 Centigrade**

Date Achieved: 2006.08.01

W5: The following record took place in Mellocheville, Quebec while visiting my grandmother.

The dry bulb temperature reached a max temperature of 33.6 Centigrade between 2:00 to 3:00 pm. The dry bulb temperature combined with the relative humidity of 61% brought the Humidex to 46.0 Centigrade despite a breeze of 24 km/hr.

Meanwhile the pressure remained static at 100.05 kpa. The skies also remained mainly clear.

Index Number: PR-892

Record Name: **Hottest Day Endured – Highest Dry Bulb Temperature**

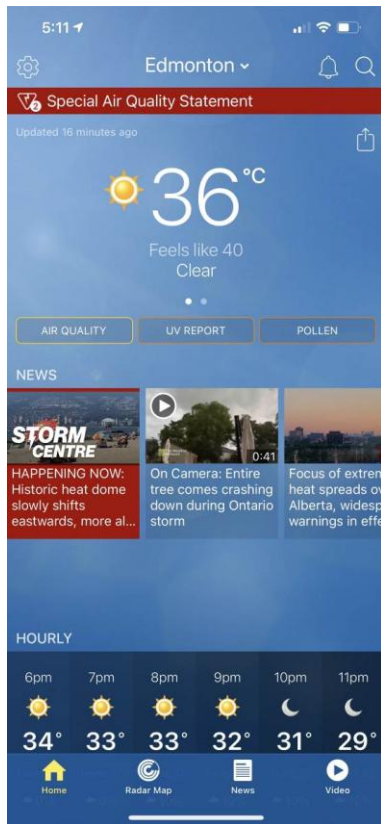
Personal Record: **Dry Bulb Temperature + 37.4 Celsius**

Date Achieved: 2021.06.30

W5: The following record occurred in Edmonton, Alberta.

The relative humidity of 22% brought the extreme Humidex up to 39 Celsius while the winds breezed at 32 km/hr. Both the skies remained clear while the atmospheric pressure remained static at 101.11 KPA.

The temperature finally hit its peak of 36.0 Celsius at 5:11pm.



Index Number: PR-893

Record Name: **Coldest Day Endured – Wind-chill and Dry Bulb Temperature**

Personal Record: **Dry Bulb Temperature – 38.6 Celsius, Wind-chill – 48.0 Celsius**

Date Achieved: 1989.02.02

W5: The following record occurred in Devon, Alberta.

The winds blew at 4km/hr while the relative humidity remained at 55%. Meanwhile, the atmospheric pressure remained static at 95.41 kpa.

Index Number: PR-894

Record Name: **Strongest Winds Encountered**

Personal Record: **63.38 to 69.0 mph (102 to 111 km/hr),**

Status: Fresh Gale Beauford Scale – 8

Date Achieved: 1983.09.15

W5: The following record occurred in Mellocheville, Quebec while visiting my grandparents on their lake front property on Lake Francis.

Speeds were calculated using the Beauford scale which would have also resulted in Lake Francis having peak waves of 5.5 Meters.

Their summer cottage which was founded on large cinder blocks was partially spun off its foundation resulting in the house becoming unevenly sloped. The roof itself was partially peeled off exposing the sky from one corner.

Index Number: PR-895

Record Name: **Extreme Daily Rainfall**

Personal Record: **52 mm**

Date Achieved: 1997.09.04

W5: The following record occurred in Edmonton, Alberta. 52 mm of rain fell unto the ground during this day.

Index Number: PR-896

Record Name: **Highest Elevation above Sea-level Experienced**

Personal Record: **2,277 Meters (7,470 feet) above Sea-level, 77.0 kpa (779.93 mb)**

Date Achieved: 1990.00.00

W5: The following record occurred during a family orientated trip to Jasper's Whistler's Mountain in Alberta upon ascending the Tourist Tramway to the Mountain Top, located at the following Co-ordinates N 52 49.617 W118 07.957.

At this elevation only 76% of the remaining oxygen at Sea-level is present and if the summer temperature were a standard 15 C, the temperature at that altitude would be 0.2048 C.

In other measures, the atmospheric pressure is 11.31 pounds per square inch compared to the Standard of 14 pounds per square inch and the equivalent mercury is 585 mmhg (779.79 mb).

To date there are no recorded cases of ill-health effects at this altitude. (The Highest point of Jasper's Whistler Mountain is 2,460 Meters.

Index Number: PR-897

Record Name: **Lowest Atmospheric Pressure Experienced**

Personal Record: **75 kpa (752.97 mb)**

Date Achieved: 2009.07.07

W5: The following record occurred at 7:30 pm en route from Edmonton to Montreal during flight. The following is the result of standard cabin decompression during flight ascension.

If I were on a mountain at an equal pressurized altitude, the mountain would be 2,433.7 meters (7984.7 feet) in elevation above sea-level. At a standard ground 15 C, the temperature at such a mountain would be - 0.8130 C.

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 1 – Distance

Index Number: PR-898

Record Name: **Highest Latitude Traveled To.**

Personal Record: **Peace River, Alberta**

(Latitude of 56°14'27.37 N)

Date Achieved: Un-Known

W5: This is the most Northern Part of the Earth I have visited.

Index Number: PR-899

Record Name: **Lowest Latitude Traveled To.**

Personal Record: **Englewood Beach, Englewood, Florida (26.92319 N 82.36103 W)**

(Latitude of 26.92319 N)

Date Achieved: 2019.01.08

W5: This is the most Southern part of the Earth I have visited.

Index Number: PR-900

Record Name: **Farthest Linear Range of Distance Traveled within my life**

Personal Record: **2,723.68 Miles (4,383.33 Kilometers)**

(As the crow flies, west to East)

Date Achieved: 1973.12.06

1973 December 6th to Present

W5: I have been to Vancouver, British Columbia (49°16'58.38 N, 123°07'11.43 W) all the way to Charlottetown, Prince Edward Island (46°17'11.77 N, 63°07'44.92 W).

Index Number: PR-901

Record Name: **Farthest Distance from Home**

Personal Record: **2,433.12 Miles**

(As the crow flies)

Date Achieved: 2019.01.08

W5: From my home in Edmonton, Alberta, Canada (53.528277 N 113.636818 W) to Englewood Beach, Englewood, Florida, United States (26.92319 N 82.36103 W).

Index Number: PR-902

Record Name: Farthest Distance Traveled in 24 Hours

Personal Record: **2,433.57 Miles**

Date Achieved: 2019 01 03

W5: From my home in Edmonton, Alberta, Canada (53.528277 N 113.636818 W) to the Edmonton International Airport flying to Minneapolis, Minnesota, United States (44.88080 N 93.20119 W) (To the Mall of America and back) than flying to The Orlando Airport (28.42722 N 81.30147 W) than to the car rental and then to our Hotel at Orlando, Florida, United States (28.38703 N 81.50514 W).

Index Number: PR-903

Record Name: Air Travel (Highest Altitude)

Personal Record: **41,329 feet (12,597 meters or 7.82 miles)** –

(Traveling at 449 mph, From Edmonton to Montreal.)

Date Achieved: 2006.08.16

W5: If I were on a mountain 41,329 feet, and the ground temperature was a standard 15 C, the temperature atop the mountain would be – 56.5 C, and at an atmospheric pressure of 17 kpa (176.6 mb). The Oxygen at this altitude is only 18 % that at Sea Level.

Interestingly the world's Highest Mountain Mount Everest is at 8,848 meters (29,029 feet) which would equate to - 42.4323 C if the ground temperature were a standard of 15 C, with an atmospheric pressure of 33 kpa (330 mb) with just 32 % oxygen at Sea-level remaining.



Index Number: PR-904

Record Name: Fastest Air Speed, (Airplane)

Personal Record: **628 mph**

Date Achieved: 2016.11.06

W5: 628 mph (1,010 km/hr) 550 knots (Ground Speed)

2016 11 06 8:22:05 pm

49.27028 N -120.34115 W (27,628 feet)

Airbus 321 - 200 Series (Air Canada)

Pushed along by 100 mph tail winds. Note: Tail winds do not contribute to Mach speed because Mach speed (speed of sound) is speed relative to the already moving air.

Airbus 321 - 200 Series Facts

Cruising Speed 520 mph (837 km/hr) 451 knots Mach 0.82

Ground Speed Record 768 mph (1,237 km/hr) 668 knots



Index Number: PR-905

Record Name: **Fastest Land Speed (Car)**

Personal Record: **111 mph**

Date Achieved: 2009.07.14

W5: Driving past Quebec, Coteau-Du-Lac with my cousin Stephen Levfebre driving and my girlfriend, Deborah Szelecki, we accelerated to 111 mph heading East on Highway 338 heading towards Ch.St.Dominique Road.

From the following co-ordinate N45 18.634 W74 07.792, we covered the next 163 feet in 1 second; the time was 4:51:16 pm (Eastern Time).

Index Number: PR-906

Record Name: **Longest Vehicle Drive**

Personal Record: **56 Hours (Collectively)**

Date Achieved: 1995.08.00

W5: John Paradowski and I traveled by bus (Grey Hound) from Edmonton, Alberta to Montreal, Quebec.

Index Number: PR-907

Record Name: **Tallest Building to have gone up**

Personal Record: **114 Floors**

(346 Meters (1,136 feet))

Date Achieved: 1995.08.00

W5: John Paradowski and I went to visit Canada's highest building, Toronto's CN Tower. Located in Toronto, Ontario, the CN Tower has a total height of 553.3 Meters and 147 floors; the 147th floor (Sky Pod) is 446.5 Meters.

The CN Towers elevator travels up-wards at 22 km/hr (13.67 mph) – The fastest elevator I have ever been on.

Index Number: PR-908

Record Name: **Urban Exploration – Storm Sewer**

Personal Record: **5,299 feet (1,615 meters) Traveled through Storm Sewer**

Date Achieved: 2009.11.14

W5: Both Ehren Ackerman and I entered a storm sewer at the following co-ordinates, N-53 32.315 W-113 36.820, in which we traveled 2,649.68 feet (807.62 meters) and back. We were both in the sewer for 53 minutes, 33 seconds at least.

YouTube Link: <http://youtu.be/M3aq8KsT0Zw>

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 3 – Miscellaneous

Index Number: PR-909

Record Name: **Most People in an Elevator with Me**

Personal Record: **11 People**

Date Achieved: 2012.12.01

Index Number: PR-910

Record Name: **Greatest Odds Defeated in Gambling**

Personal Record: **1,200 to 1 - Won the door prize and the 50/50 at the Alano Club.**

Date Achieved: Unknown

Index Number: PR-911

Record Name: **Longest Phone Call (Cell Phone)**

Personal Record: **1:44:47 hours**

Date Achieved: 2014 03 20

W5: Between my mother and I on an Iphone 5

Index Number: PR-912

Record Name: **Longest Phone Call**

Personal Record: **7:30:00 Hours (With Beverly)**

Date Achieved: 2005.03.27

(2005 03 26 8:45pm to 2005 03 27 4:15 am)

Index Number: PR-913

Record Name: **Longest Time on Hold before Called Answered**

Personal Record: **51 Minutes**

Date Achieved: 2020.03.26

Index Number: PR-914

Record Name: **Most Scam calls received in 24 Hours**

Personal Record: **6 Scam Calls**

Date Achieved: 2021.11.23

Index Number: PR-915

Record Name: **Most Residencies until 18 years of age.**

Personal Record: **12 Residencies**

Date Achieved: 1973.12.06 to 1991.12.06

W5: My very first residency was 116-1133 Findlay Road, Kelowna, British Columbia, at 18 years of age I was living at 51552 Range Road 212 A, Collingwood Cove, South Cooking Lake, Alberta. To this day, 2009 February 3rd I have lived in 25 residencies.

Index Number: PR-916

Record Name: **Longest Residency**

Personal Record: **8 years**

W5: 78 Chungo Crescent, Devon, Alberta

Date Achieved: 1981.08.01 to 1989.08.01

Index Number: PR-917

Record Name: **Most Schools Attended until High School Diploma**

Personal Record: **12 Schools versus the avg. 3**

Date Achieved: 1979.09.00 to 1995.06.00

W5: My very first school was Robert A Jobber (Kindergarten), Chateauguay, Quebec, and my 12th school was AVC (Alberta Vocational College), Edmonton, Alberta.

Index Number: PR-918

Record Name: **Longest Time left Clothes to soak in Washer**

Personal Record: **4 days, 18 hours, 49 minutes**

Date Achieved: 1995.03.25 to 1995.03.30

Index Number: PR-919

Record Name: **Fastest Time to Visit a Personal Residence**

Personal Record: **52.34 seconds**

Date Achieved: 1995.04.02

W5: John Robert Paradowski and I visited Crystal Erickson within this short time.

World Record:

Index Number: PR-920

Record Name: **Shortest Phone-Call (including dialing)**

Personal Record: **7.51 seconds**

Date Achieved: 1995.04.02

W5: This was a phone-call between Crystal Erickson and I (as a rule, a conversation must take place between both parties)

Index Number: PR-921

Record Name: **Most Dishes Accidentally Broken in 24 Hours**

Personal Record: **3 drinking glasses**

Date Achieved: 1995.06.17

Index Number: PR-922

Record Name: **Hottest Drink to Drink**

Personal Record: **70.2 Degrees Celsius (158.36 degrees Fahrenheit)**

Date Achieved: 2009.12.27

W5: Coffee purchased at McDonald's restaurant (located in the West Edmonton, Walmart)

Index Number: PR-923

Record Name: **Hottest Food Consumed**

Personal Record: **56.2 Degrees Celsius (133.16 degrees Fahrenheit)**

Date Achieved: 2010.09.03

W5: Pizza Pocket – A Pastry filled with pizza type food, such as cheese, and pepperoni (heated for 2 minutes within the microwave)

Index Number: PR-924

Record Name: **Oldest Cigar/Cigarette Smoked**

Personal Record: **10,161 Days Old**

(27 years, 9 Months, 3 Weeks, and 5 days old)

Date Achieved: 1973.12.06 – 2001.10.01

W5: A Cuban cigar given out at my birth and saved within a family album was smoked by me after the above date – when my smoking addiction was too much, and reasoned who else the remaining cigar would be for, anyways.

Index Number: PR-925

Record Name: **Largest Dandelion Root Pulled Out Intact**

Personal Record: **57 cm (1.87 feet)**

Date Achieved: 2012.07.13

Links:

YouTube Link: <http://youtu.be/dliPb6fX8ww>



Index Number: PR-926

Record Name: **Most people in a Steam Room with Me**

Personal Record: **19 People (not including myself)**

Date Achieved: 2013.03.15

Index Number: PR-927

Record Name: **Most Timbits found in a \$3 10 pack**

Personal Record: **14 Timbits** (4 more than what I paid for)

Date Achieved: 2024.08.11

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 4 – Discipline & Lack of

Index Number: PR-928

Record Name: **Fastest Time to Smoke a Manufactured King-Sized Cigarette**

Personal Record: **1:01.01 minutes (1 minute, 1.01 seconds)**

Date Achieved: 2010.09.05

Index Number: PR-929

Record Name: **Most Cigarettes Smoked Simultaneously**

Personal Record: **I Smoked 6 King Sized Cigarettes at once**

Date Achieved: 2010.09.05

W5: The feat which took a total time of 8:52.18 minutes was part of a YouTube gimmick to acquire more views.

Index Number: PR-930

Record Name: **Most cigarettes smoked in 24 hours**

Personal Record: **50 smokes**

Date Achieved: 2007.09.04

W5: If we base that on an average of 16 waking hours, that equates to a smoke every 19 minutes, 12 seconds.

Index Number: PR-931

Record Name: **Longest Time to Abstain From Smoking (No Aids)**

Personal Record: **42 Hours 00 Minutes 0 Seconds**

Date Achieved: 2003

Index Number: PR-932

Record Name: **Longest Time to Abstain from Smoking with Nicotine Replacement**

Personal Record: **5 Year, 2 Months, 4 Days (1,891 Days) *Ongoing**

Date Achieved: 2018.03.05 – 2023.05.10 (To Present)

Index Number: PR-933

Record Name: **Highest Dosage of Nicotine in the form of Nicorette in 24 hours**

Personal Record: **168 mg**

Date Achieved: 2020.01.08

W5: I orally consumed 42 4mg Nicorette Lozenges in 24 hours costing a total \$17.64.

Index Number: PR-934

Record Name: **Longest Time to Abstain from Smoking On Zyban (with-out nicotine replacement)**

Personal Record: **87 Hours 49 Minutes 0 Seconds**

(3 Days 15 Hours 49 Minutes 0 Seconds)

Date Achieved: 2010.07.22 – 2010.07.25

Index Number: PR-935

Record Name: **Longest Time to Abstain from Smoking with Nicotine Replacement and Zyban**

Personal Record: **295 Hours 49 Minutes 6 Seconds**

(12 Days 7 hours 49 Minutes 6 Seconds)

(With the aid of Nicotine Gum)

Date Achieved: 2010.07.14 – 2010.07.26

Index Number: PR-936

Record Name: **Most Self controlled Addiction (Smoking)**

Personal Record: **65 smokes in 1 week (avg. of 9.29/day)**

Date Achieved: 2004.11.24 to 2004.12.01

Index Number: PR-937

Record Name: **Medications (Without Missing A Single Dose)**

Personal Record: **211 Days**

Date Achieved: 1998.02.11 to 1998.09.10

Index Number: PR-938

Record Name: **Longest Period as a Non-Smoker**

Personal Record: **9,730 days** –

(26 years, 7 months, and 3 weeks)

Date Achieved: 1973.12.06 to 2000.07.27

W5: 8 years, 7 months, and 3 weeks after the legal age of 18.

Index Number: PR-939

Record Name: **Longest Period as a Smoker**

Personal Record: **17 Years, 94 Days (6,303 Days)**

Date Achieved: 2000.12.01 – 2018.03.05

W5: It is estimated that I smoked an average of 22.38 cigarettes/day for 17 years, 94 days. Which would approximately work out to 141,061 cigarettes smoked over 6,303 days.

Index Number: PR-940

Record Name: **Biggest Regret**

Personal Record: **Starting Smoking Cigarettes because of Peer Pressure**

Date Achieved: 2000.12.01

W5: I started smoking cigarettes when I was 27 years old because of peer pressure from sh!t friends. I've lost a few teeth from smoking, and ended up thousands of dollars in debt because of it, and sold some of my most valued possessions to buy cigarettes. And even though I quit smoking cigarettes on 2018 03 05 and been on Nicorette since, the Nicorette costs as much as the cigarettes do.

Index Number: PR-941

Record Name: **Most Enduring Motivation**

Personal Record: **My ambition to achieve a world record in push-ups.**

(295,214 push-ups in 2,271 days or 6 years, 2 months, 2 weeks, and 4 days)

Date Achieved: 1993.07.07 to 1999.09.27

Index Number: PR-942

Record Name: **Longest Independence (Living on my own)**

Personal Record: **563 Days**

Date Achieved: Unknown

Index Number: PR-943

Record Name: **Longest period with-out Caffeine**

Personal Record: **365 days**

Date Achieved: Un-known

W5: Aside from coffee, this includes no caffeine related products such as tea, chocolates, colas, and so forth. Surprisingly being the heavy coffee drinker that I am, I found this record attempt surprisingly easy.

Index Number: PR-944

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-945

Record Name: **Best Attribute as a Father**

Personal Record: **I have never been aggressive to my daughter, Raven Ashley Lapatak.**

Date Achieved: 1997.08.21 to 2020.02.17

W5: I have never out of anger/frustration put down/insulted, or hit/slapped or been aggressive to my daughter, Raven. And told her, I love you almost every single time I saw her in person. And I try to be an on-going part of her life.



Index Number: PR-946

Record Name: **Most Responsible Act**

Personal Record: **Choosing to have my vasectomy.**

Date Achieved: 1997.10.17

Index Number: PR-947

Record Name: **Least Responsible Act (And most dangerous)**

Personal Record: **Running across targets at gun range**

Date Achieved: Unknown

W5: When I was in elementary I was brought to the gun Range by my step dad and mother. Without thinking I ran between the targets and the People shooting at them across the whole range. It is surprising I never got shot to death.

Index Number: PR-948

Record Name: **Most Responsible Decision (And most life impacting)**

Personal Record: **To have a child with Maxine May Lapatak**

Date Achieved: 1996.10.08



Index Number: PR-949

Record Name: **Longest Overdue Library Book Returned**

Personal Record: **"Poisons, Antidotes and Anecdotes" (615.9 TIC) borrowed from Hillcrest Junior High School .1, 926 days overdue.**

Date Achieved: 1990.02.26 to 1995.06.06

Index Number: PR-950

Record Name: **Self-Help - Most Extensive Examination of my Life**

Personal Record: **"The Personal Records Almanac - 160 Days of work."**

Date Achieved: 2003.03.13 to 2003.08.20

W5: 1,258 Documents and pictures scanned .80 Home Videos digitized, 26:44:19 hours 1.24 GB 30 Pages of life chronology, 54,768 Kb CD Completed with 734 pages.

Index Number: PR-951

Record Name: **Most Serious Response to a Global Threat**

Personal Record: **My Very Serious Response to the Covid-19 Pandemic**

Date Achieved: 2020, 2021

W5: I never enter an indoor public place without my N95 Mask covered by a Anti-microbial Triomed Mask with a plastic face shield. Outdoors I always wear my N95 mask. The longest time I wear my PPE (Personal Protective Equipment) was 12 hours straight. I am also very serious about maintaining 6 feet away from others when walking where people are present. I was vaccinated with 2 doses of Pfizer Vaccine as soon as I was allowed to be vaccinated. Safety during the Covid-19 Pandemic is my highest priority above all priorities.



Index Number:PR-952

Record Name: **Longest Time to wear a mask (N95 mask)**

Personal Record: **15 hours 41 minutes**

Date Achieved: 2022.01.10

W5: Going through airports and flying on airplanes.

Index Number: PR-953

Record Name: **A Complete Change in Ones Beliefs or Lack Of**

Personal Record: **Publicly Coming Out as an Agnostic Atheist on Facebook**

Date Achieved: 2021.07.31

W5: My declaration of beliefs...

I am an Agnostic Atheist & Skeptic who is fascinated by the sciences.

I place my faith only in those things which are supported by physical evidence resulting from the rigorous process of the scientific method.

I do not believe in those things which are not falsifiable. God is not falsifiable - you cannot scientifically test for the presence of a God(s).

Thus I also do not believe in the soul or the spirit or the afterlife.

Because I do not believe in an afterlife I believe that it is critically important to make this life a good life, a worthwhile life.

I also believe that a finite life gives our lives infinite meaning because you have a limited fixed time to do what you deem as most important.

And because I do not believe in a God, I believe that God is not going to help so the responsibility falls unto me to help those who are suffering if I can help them.

I believe consciousness is purely the result of an organ (the brain) comprehending & synthesizing information.

I believe objective reality exists independently of the mind.

I do not believe in free will.

The only energy I believe in - is the energy that results from one of the 4 fundamental forces, Electromagnetic Force, Strong Nuclear Force, Weak Nuclear Force & Gravity. And energy must be quantifiable and able to do work.

I believe many conspiracy theories are actually compelling narratives that lack evidence and actually harm people and society.

I strongly believe that humility is the path towards knowledge.

My morality stems from the understanding that many animals (including human primates) experience consciousness, and thus also experience pain & suffering. Therefore reducing pain & suffering is of the highest importance.

What I value most is having meaningful relationships with all animals (including human primates) that have a capacity for consciousness.

I also believe in the great importance of being able to being content to agree to disagree.

I also believe that some people are great people because of their religion and that some people are awful people because of their religion.

I do not like heated debates that lead to hurt feelings.

That is who I am, I learn a lot from reading about the sciences and from friends who are academics in the sciences.

I'm also a product of 3 generations of engineers on my fathers side - so who I am could be partially genetic.

Index Number: PR-954

Record Name: **Longest Period of No Alcohol or Drugs**

Personal Record: **9,116 days – (24 years, 11 months, 2 weeks, and 1 day)**

Date Achieved: 1973.12.06 to 1998.11.21

W5: 1998 November 21st was the first day I smoked marijuana (weed) and drank alcohol. 6 years, 11 months, 2 weeks, and 1 day after turning the legal age of 18 years.

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 5 – Patience

Index Number: PR-955

Record Name: **Waiting for a Car Ride**

Personal Record: **2 hours 8 minutes**

Date Achieved: 1995.03.05

Index Number: PR-956

Record Name: **Waiting for a Store to Open**

Personal Record: **4 hours 30 minutes**

Date Achieved: 1995.10.18

Index Number: PR-957

Record Name: **Longest Time in a Store**

Personal Record: **2:44:49 hours**

Date Achieved: 2014.05.27

W5: Superstore (Grocery Store).

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 6 – Pain, Suffering, and Humility

Index Number: PR-958

Record Name: **Most Humiliating Score (in a multiplayer game)**

Personal Record: **Lazar Quest, - 96 points; dead last.**

Date Achieved: Unknown

W5: Lazar Quest was a game in which 20 – 40 people run through a darkened maze with the objective of shooting one-another for points using light activated targets worn on the person.

Index Number: PR-959

Record Name: **The Worst Physical Pain Felt.**

Personal Record: **Cavity on Tooth.**

Date Achieved: 1998.11.19

W5: The one molar in my mouth was eroded badly by a Cavity so much so that the crown was completely gone and the nerve endings were completely exposed to the open air. The molar was finally removed.

Index Number: PR-960

Record Name: **Longest distance I have traveled by foot and/or bike searching for lost items.**

Personal Record: **13.8 miles.**

Date Achieved: 2010.05.18

W5: I launched a rocket mounted with a micro video camera, once the rocket reached its projected 1,450 feet – it was subsequently lost.

From 6:37pm to 2:30am for a duration of 7 hours, 52 minutes, I searched mostly by foot walking a distance of 11 miles searching for the lost rocket, at an average speed of 1.4 mph.

Within the same 24 hour period, by 6:34am to 7:01am the next morning I searched another 28 minutes via bike covering an over-all distance of 2.8 miles at an average speed of 6 mph.

The rocket was never found.

Index Number: PR-961

Record Name: **Most Humiliating Moment**

Personal Record: **My personal diary exposed**

Date Achieved: 1991.00.00

W5: While attending grade 10 the bus ride was an hour to school so the bus driver would take music tapes from Students to play on the bus. It was my turn to have my tape played and sadly enough I gave him the wrong tape, the tape I gave Him was of my very personal diary.

Index Number: PR-962

Record Name: **Ostracized – Worst (and most negatively emotionally life impacting)**

Personal Record: **Attending Ardrossan Junior/Senior High-School for a period of 568 Days.**

Date Achieved: 1991.09.02 to 1993.03.23

Index Number: PR-963

Record Name: **Most Suicide Attempts in a Decade (10 years)**

Personal Record: **5 Suicide Attempts**

Date Achieved: 1994.09.18 to 2000.07.21

W5: That works out to 5 suicide attempts in 2,133 days or 5 years, 10 months, and 3 days.

Index Number: PR-964

Record Name: **Longest Time to be institutionalized**

Personal Record: **55 days (voluntarily) at Alberta Hospital**

Date Achieved: 2004.02.12 to 2004.04.07

W5: Institutionalized for nervous breakdown or a series of panic attacks.

Index Number: PR-965

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-966

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5: Private

Index Number: PR-967

Record Name: **Most Humiliating Job**

Personal Record: **Clowning for Growers Direct**

Date Achieved: Private

W5: For Growers Direct, I had to stand for 8 to 12 hours at a time dressed in a clown costume all the while waving to cars driving by to promote business. Typically, I would receive an average of 3-5 offensive, "fuck-you or middle fingers." One time I had to dodge a full glass coke bottle thrown at me by a moving car.

Index Number: PR-968

Record Name: **Most Dangerous Drug Dosage.**

Personal Record: **Drugs 325 mg of Clozapine and 520 mg of Paxal (13 times recommended amount.)**

Date Achieved: 2000.07.21

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 7 – Bravery and Fear

Index Number: PR-969

Record Name: **Bravery and Nature**

Personal Record: **Fearless to hurricane**

(Mellocheville Hurricane (Fresh Gale Beauford Scale – 8))

Date Achieved: 1983.09.15

W5: Montreal Hurricane. I was excited about the power of Nature Rather than being fearful despite seeing my Grandparents house being torn apart at the roof and spun off its supports while being inside their house.

Index Number: PR-970

Record Name: **Facing my greatest Phobia**

Personal Record: **11 Dental Visits over 88 Days**

I received 1 Emergency Exam, 3 Root canals, and 8 filings (Etch-Bond Surface). Total Cost was \$ 3,673.88 (2002 CPI - \$ 4,111.07).

Date Achieved: 2007.08.30 to 2007.11.26

W5: I am so paranoid of the dentist that on 2004 September 20th; I passed-out at the dentist office when the dentist mentioned that I would need a tooth extracted. To this date, 2009 February 3rd I have 27 teeth, 7 Root Canals.



Index Name: PR-971

Record Name: **Hardest Emotional Pain and Vulnerability to Reveal on Social Media**

Personal Record: **Living with mental illness is painful enough ...without the judgment**

Date Achieved: 2016.02.12 & 2016.03.05

W5: On 2016 02 12 I wrote a blog named, "Standing Up for Mental Illness". Within the blog was a section named, "Living with mental illness is painful enough...without the judgment."

I spoke in depth about my depression, generalized anxiety, and panic attacks, and revealed how scared I really am to reveal that I live on disability for my pathology. I revealed such truths as just how psychologically fragile I am to public criticism, as well as just how low my self-esteem and confidence really are.

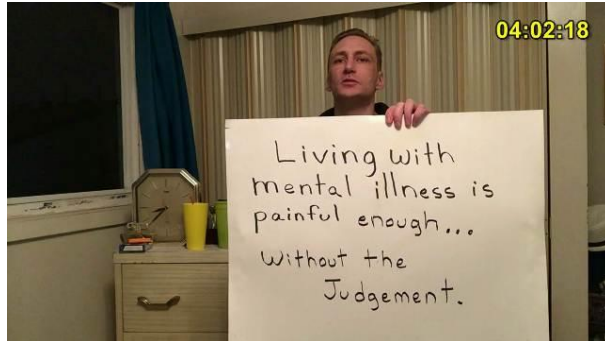
On 2016 03 05, I produced a YouTube video named, "Living with mental illness is painful enough...without the judgment" where I simply recited what was written in my blog.

The second emotionally hardest YouTube video to produce (2016 06 21) was the YouTube video named, "My journey to the Dr.Phil Show" where I shared my bullying story.

The YouTube link is; <https://youtu.be/bUedX6uMGLs>

YouTube Link: <https://youtu.be/cJ0nGZEI-wk>

Blog Link: <http://www.darryllearie.com/2016/02/standing-up-for-mental-illness.html>



Index Name: PR-972

Record Name: **Hardest Emotional Failed Effort to Get Unto A TV Show (Dr.Phil)**

Personal Record: **88 pages mailed, 64 e-mails, 7 YouTube Videos, and Petition of 56 Signatures**

Date Achieved: 2016.04.17 to 2017.02.11

W5: From 2016 04 17 to 2017 02 11 I mailed The Dr.Phil show 2 letters (total of 88 pages), e-mailed the Dr.Phil Show 64 e-mails, Produced 7 YouTube videos to get his attention, and sent The Dr.Phil Show an online petition of 56 signatures.

One of my YouTube videos, Most determined to get unto Dr.Phil I held a sign that read, "Please let me share my story of being bullied on your show" for 3 hours 5 minutes. All the while I had 100 lbs on my back for the first 40 minutes, 29 seconds, and eventually reduced the weight on my back to 75 lbs, and 50 lbs.

I wanted to share my bullying story on Dr.Phil, to share my wisdom that bullying can negatively affect a person long after the bullying has stopped. During the whole time I shared all my efforts and letters on social media for all to see. I got no reply.

Blog Link: <http://www.darryllearie.com/2016/04/my-letters-to-drphil-bullying.html>

Philanthropy

Index Name: PR-973

Record Name: **Most Selfless Public Act**

Personal Record: **Kijiji Ad Offering to Help Others for Free**

Date Achieved: 2017.06.16 to 2017.07.16

W5: On 2017 06 16, I wanted to be a benefit to society, so I posted an ad on kijiji offering to help anyone who needed help with any laborious job for free - all they had to do was pick me up and drop me off. The 1 month ad received 239 views, and only 1 reply from a lady who never got back to me.

The ad was listed under community > volunteers.

The ad read;

" Hi, my name is Darryl Learie and I'm 43 years-old.

If you need help or an extra hand I'm willing to volunteer my time to help you.

Maybe you find a job you need to do too labourous, or your moving and need an extra person to help.

I am also fairly good with computers - if your a senior needing computer help.

Whatever your task, I will do my best to help you.

Why am I doing this?

I am wanting to benefit society with my volunteer efforts, but I also want to be helpful in those tasks that people are needing the most help with (those tasks that people are struggling with, what ever the task may be).

I want society to truly benefit from me without the expectation of reward (or getting something back in return.)

*** All I ask is that you pick me up, and drop me off when I'm done helping you. I live a few blocks from West Edmonton Mall, and do not have a vehicle.

*** Please text my cell number - 780-236-1326 with the following details; What you need help with, and when you need help.

Darryl Learie "

Index Number: PR-974

Record Name: **Public Speaking against Bullying in Schools**

Personal Record: **Speaking at Manwar Khan's 5th Annual 'Do not be a bystander' Candlelight Vigil at the Alberta Legislature Building.**

Date Achieved: 2017.08.06

W5: I gave a speech about how I was bullied in High School and how it affected me long into my adult life.

YouTube Link: <https://youtu.be/r68XbxcNABQ>



Index Number: PR-975

Record Name: **Advocacy**

Personal Record: **My advocacy against Bullying & Mental Illness**

10 Anti-Bullying YouTube Videos 6 Anti-Bullying Blog (Articles) Posts / 3 YouTube Videos on Mental Illness 2 Blog (Articles) Posts on Mental Illness.

Date Achieved: 2014.09.07 to 2017.04.30

W5: The YouTube video, Standing Up for Mental Illness received the most views at 76 views. And my YouTube video, How being bullied changed my life forever received the most views at 967 views.

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 8 – Love and Romance

Index Number: PR-976

Record Name: **Longest Time Single**

Personal Record: **814 Days**

Date Achieved: 1993.06.01 to 1995.08.25

W5: 814 Days would also qualify as a record for longest break-up with the same partner (Jolene Brown)-since we broke-up only to get back together.

Index Number: PR-977

Record Name: **Shortest Intimate Relationship.**

Personal Record: **17 Days** (Private)

Date Achieved: 1998.05.16 to 1998.06.02

Index Number: PR-978

Record Name: **Longest Intimate Relationship**

Personal Record: **6,507 Days (17 Years, 298 Days)** (Deborah Ann Szalecki)

Date Achieved: 2008.06.08 to Present (as of 2026 04 02)

W5: This record is still ongoing. The previous record was my relationship to Maxine May Lapatak from 1998 November 1st to 1999 August 16th, a total of 289 Days.



Index Number: PR-979

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-980

Record Name: **Oldest Girl Friend (Years Difference)**

Personal Record: **10 Years**

((Private) Approximately) From memory Private born in 1963.

Date Achieved: 1999.00.00

Index Number: PR-981

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-982

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-983

Record Name: Private

Personal Record: Private

Date Achieved: Private

W5:

Index Number: PR-984

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-985

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-986

Record Name: Private

Personal Record: Private

Date Achieved: Private

Index Number: PR-987

Record Name: Private

Personal Record: Private.

Date Achieved: Private

W5: Private

Index Number: PR-988

Record Name: **Most partners to have sex with in 1 decade (10 Years)**

Personal Record: **17 partners**

Date Achieved: 2000.03.23 to 2008.06.08

W5: 17 different partners in 2,999 days – an average of 1 new partner every 176 days. The record for most partners to have sex with in a lifetime (1995 September 28th to 2008 June 8th) would be 21 partners.

Index Number: PR-989

Record Name: **Most Intimate Relationships in 1 decade (10 years)**

Personal Record: **18 relationships**

Date Achieved: 2000.06.06 to 2008.06.08

W5: 18 relationships within 2,924 days equates to an average of a new relationship every 162 days. The record for most relationships in a lifetime (from 1989 September 23rd to 2008 June 8th) would be 25 girlfriends.

Index Number: PR-990

Record Name: **Most Romantic Act**

Personal Record: **I hitchhiked from Edmonton to the Good Fish reserve to spend Valentine's Day with Maxine May Lapatak.** I traveled approx. 120 miles; it took me an estimated 6 hours to make the trip. I left after one night.

Date Achieved: 1997.02.14

Index Number: PR-991

Record Name: **Longest Long Distance Relationship**

Personal Record: **8,706.9 miles.**

(Residing in Edmonton, Alberta, Canada, while she resided in Melbourne, Australia)

Date Achieved: 2001.06.21

W5: The long distance relationship with Samantha Bradley who lived in Melbourne, Australia .We never met in person but had the internet born relationship for a number of months of who I remained totally faithful with. She had promised to visit me in Edmonton but broke it off on.

Index Number: PR-992

Record Name: **Longest Distance Traveled for Love**

Personal Record: **1,777 miles – Edmonton, Alberta to Kingston, Ontario**

Date Achieved: 2004.12.31

W5: Traveling from Edmonton to Kingston via Greyhound Bus to be with Jacqueline Elaine Luney, we were a couple from 2004 November 17th to 2005 January 7th. I originally met Jacqueline on the Internet.

Index Number: PR-993

Record Name: **Most Beloved Pet**

Personal Record: **My Dog, Ripley**

Date Achieved: 2012.11.25 to 2019.04.27

W5: Ripley was born on 2012 11 25, and was euthanized on 2019 04 27 – he lived for 6 years, 5 months, and 2 days or 2,344 days. However, we got to meet Ripley for the first time on 2013 02 02 (when Ripley was already 9 weeks, 6 days old).

He was named Ripley because I got published in the Ripley's Believe It or Not Book and because my wife, Deborah's favorite character from the Aliens movies was, Ripley.



Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 9 – Strange Phenomena

Index Number: PR-994

Record Name: **Most Esoteric Dream, Most Esoteric Message**

Personal Record: Naked and alone In a small grey rubber like room, The air was dry and dusty with the walls going up some 5 meters and a fantastic light where a ceiling should be .a raw steak was dropped in front of me, then a deep powerful voice Spoke; "**Be proud of the meat that you are, Be proud to bleed like a man**"

Date Achieved: 1990.00.00

Index Number: PR-995

Record Name: **Unexplained Phenomenon**

Personal Record: **Spontaneous Explosion of Drinking Glass**

Date Achieved: 1984.00.00

W5: While residing in 78 Chungo Crescent, Devon, Alberta with my mother, Irene Vastamaa, and step father, Alan Dobish, my parents were deeply angered that I had not completed my homework and consequentially grounded me for an entire weekend. I however, wish to be with my friends, and felt a deep sense of sadness and intimidation in lieu of all the argument.

With-out warning a drinking glass situated on the kitchen counter (in the next room) suddenly exploded with a crackling boom, shattering into hundreds of tiny pieces. My step father forced me to clean the glass, hypothesizing that I somehow made the glass explode.

Alas, my mother claims to have one night shaken a painting (rocking it back and forth from its hook) while in bed with my step-father. Who was apparently in disbelief.

Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 10 – Collections

Index Number: PR-996

Record Name: Strangest Personal Collection

Personal Record: 411 days worth of fingernail and toenail clippings

Date Achieved: 2012.02.11 to 2013.03.28

W5: For 1 year and 46 days, from 2012 02 11 to 2013 03 28 I collected all of my fingernail and toenail clippings. As of 2020 02 01 the clippings would be at least 2,511 days old or 6 years, 10 months, and 14 days old.



Index Number: PR-997

Record Name: **Oldest Family Picture**

Personal Record: **1885 February 11th (Scan of Photo-copy of Picture)**

(1926 – Scan of actual Kodak Picture)

Date Achieved: 2011.01.15

W5: As of 2020 02 11, the photo would had been taken 49,307 days ago or 135 years ago.



Index Number: PR-998 RS-130

Record Name: **Oldest School Report Cards from 1 Set of Grandparents**

Personal Record: **1941 (need to re-check dates)**

Date Achieved: 1941

W5: As of 2020 02 11, those report cards would be 79 years old.

RecordSetter Link; <http://recordsetter.com/world-record/oldest-school-report-cards-from-set-grandparents/7475>

Index Number: PR-999 RS-131

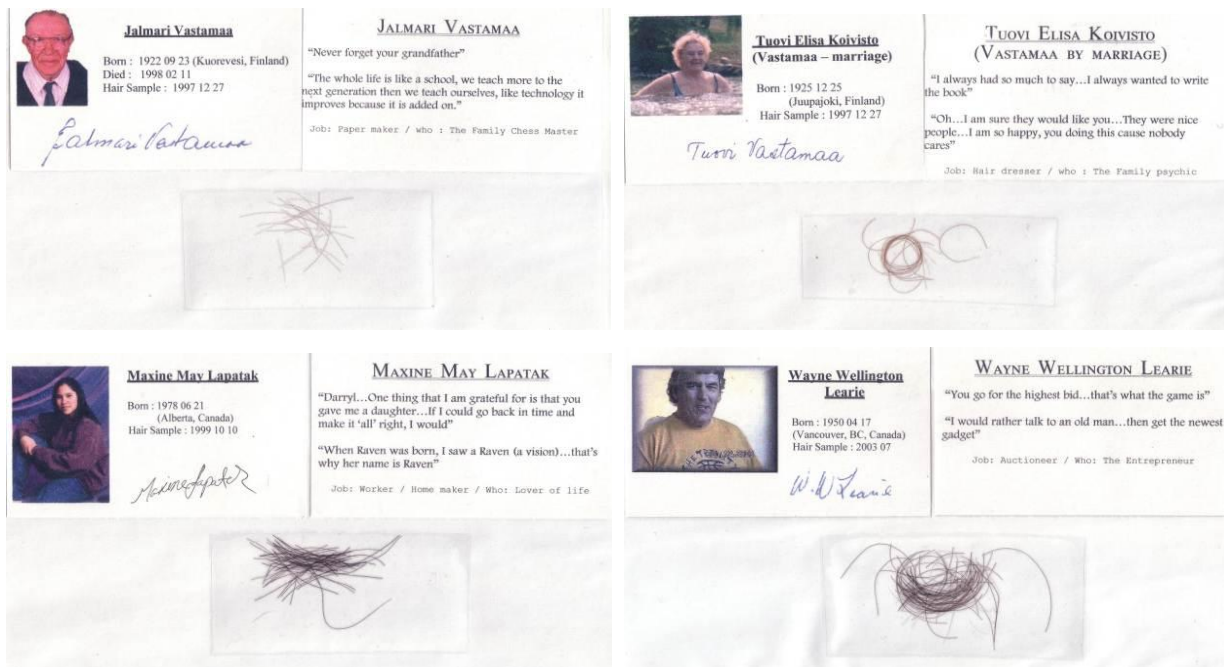
Record Name: **Largest Collection of Family Signatures, Hair, and Quotes**

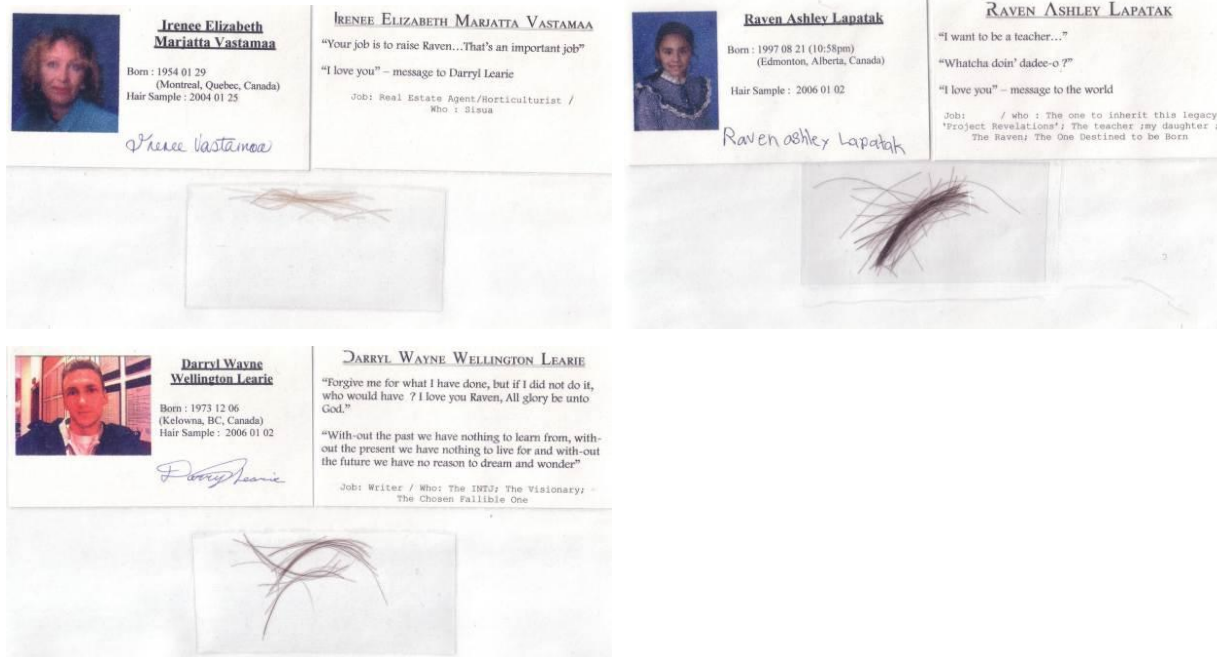
Personal Record: **7 Collections**

Date Achieved: 2011.05.14

W5: The Hair samples were collected from 1997, December 27th to 2006, January 2nd. And the Record was submitted to RecordSetter.com on 2011, May 14th. As of 2017 09 05, the hair samples are 7,192 days old or 19 years, 8 months, 9 days old.

RecordSetter Link; <http://recordsetter.com/world-record/collection-family-signatures-hair-quotes/7474>





Index Number: PR-1000 RS-132

Record Name: **Oldest T-Shirt Owned (of Oneself)**

Personal Record: **Purchased on 1994, March 12th**

Date Achieved: 2020.02.11

W5: This record was submitted to RecordSetter.com on 2011, May 14th, at that time the, "Summit-Up" T-Shirt was 17 Years-old.

As of 2020 02 11, the shirt is 9,467 days old or 25 years, 336 days old.

RecordSetter Link; <http://recordsetter.com/world-record/oldest-t-shirt-owned/7459>

YouTube Link: <http://youtu.be/h8A5YkXipcU>



Index Number: PR-1001 RS-133

Record Name: **Oldest Shoes Owned (Of Oneself)**

Personal Record: **First Worn in 1974**

Date Achieved: 2020.02.11

W5: This Record was submitted to RecordSetter.com on 2011, May 14th, at that time my baby shoes were already 36 years old.

As of 2020, the baby shoes are 45 years-old.

RecordSetter Link; <http://recordsetter.com/world-record/oldest-shoes-owned/7454>

YouTube Link: <http://youtu.be/kekSC9YrMpY>



Index Number: PR-1002 RS-134

Record Name: **Oldest Personal Audio Recording (Of Oneself)**

Personal Record: **Originally Recorded in 1979**

Date Achieved: 2020.02.11

W5: This Record was submitted to RecordSetter.com on 2011, May 14th, at that time the digitized recording (originally recorded on cassette tape) was 32 years of age.

As of 2020, the audio recording is 41 years old.

RecordSetter Link: <http://recordsetter.com/world-record/oldest-audio-recording-ones-self/7473>

YouTube Link: <http://youtu.be/bYqoimEeyqM>

Index Number: PR-1003 RS-135

Record Name: **Oldest Tooth Owned**

Personal Record: **Preserved on 1998 11 27**

Date Achieved: 1998.11.27 to 2020.02.11

W5: Submitted to RecordSetter.com on 2011, May 15th – the tooth was already 13 years of age, and still intact. As of 2017 09 05, the tooth is 6,857 days old or 18 years, 9 months, and 9 days old.

As of 2020 02 11, the tooth is 7,746 days old or 21 years, 76 days old.

RecordSetter Link: <http://recordsetter.com/world-record/oldest-personal-tooth-owned/7467>

YouTube Link: <http://youtu.be/IVjxo2Jndrw>



Index Number: PR-1004 RS-136

Record Name: **Oldest Walking Stick**

Personal Record: **1948**

Date Achieved: 2020.02.11

W5: The walking stick carved in 1948 by my grandfather, Jalmari Vastamaa was noted as being 63 years-old when verified by the RecordSetter.com.

As of 2020 the walking stick is 72 years old.

RecordSetter Link: <http://recordsetter.com/world-record/oldest-verifiable-walking-stick/6796#contentsection>



Index Number: PR-1005 RS-137

Record Name: **Largest Personal Collection of X-Rays**

Personal Record: **6 X-Rays (4 Dental, 2 Lung Scan)**

Date Achieved: 2011.04.14

W5: However, on RecordSetter.com the record is noted of being 5 X-Rays.

RecordSetter Link: <http://recordsetter.com/world-record/collection-personal-x-rays/6830#contentsection>

Index Number: PR-1006

Record Name: **Oldest Family Home Video**

Personal Record: **1938 October 23rd**

(Great Grandmother Helmi Koivisto as an extra in the Finnish Movie, "Paimen, Piika ja Emanta.")

Date Achieved: 2010.07.23

W5: As of 2020 02 11, the original film was created 29,696 days ago or 81 years, 111 days ago.

Index Number: PR-1007

Record Name: **Oldest Original Family Document**

Personal Record: **1935.05.29**

(My grandfather, Jalmari Vastamaa's report card when he was just 11 years, 8 months, and 6 days old)

Date Achieved: 1935.05.29 to 2020.02.11

W5: As of 2020 02 11, The document is 30,939 days old or 84 years, 8 months, 13 days old.

Päästötodistus.

Mantta kunnan Mäkilä pöytäkirja

Kansakoulusta

Vastamaa, Jalmari

syntynyt huhtikuussa 1935 kuun 23 p:nä 19 35 ja kirjoitettu tähän
kouluun ala koulun 1 vuosiluokalle elo kuun 28 p:nä 19 35, on nyt
suorittanut kansakoulun oppimäärän täydellisesti. Hän on osottanut hyvää (10)
käytöstä ja tyytyttävää (8) huolellisuutta ja tarkkaavaisuutta sekä saanut tiedoistaan
ja taidoistaan seuraavan arvostelun:

Uskonnossa	<u>tyytyttävä</u> (8)
Uskonnonhistoriassa ja siveysopissa	(.....)
Aidinkielen a) lukemisessa	<u>tyytyttävä</u> (8)
b) kirjallisisa harjoituksissa	<u>tyytyttävä</u> (8)
Historiassa	<u>tyytyttävä</u> (8)
Kotiseutuopissa ja maantiedossa	<u>hyvä</u> (9)
Luonnontiedossa	<u>tyytyttävä</u> (8)
Maa- ja kotitaloudessa	<u>tyytyttävä</u> (8)
Terveys- ja raittisuusopissa	<u>tyytyttävä</u> (8)
Laskennossa ja mittausopissa	<u>tyytyttävä</u> (8)
Piirustuksessa	<u>tyytyttävä</u> (7)
Kaunokirjoituksessa	<u>tyytyttävä</u> (7)
Käsitöissä	<u>tyytyttävä</u> (6)
Voimistelussa, leikissä ja urheilussa	<u>tyytyttävä</u> (7)
Laulussa	<u>heikko</u> (4)
.....	(.....)
.....	(.....)

Mantta koulun 29 p:nä 1935.

Toivo Ruutu
Johdannon puheenjohtaja.

Läsa Tiitola
Luskan opettaja.

Gino Smikari
Koulun johtaja.

Arvosanat: hyvä (10 ja 9), tyydyttävä (8 ja 7), välttävä (6 ja 5), heikko (4–1).

Index Number: PR-1008

Record Name: **Most Videos Shot in 1 year**

Personal Record: **952 videos**

Date Achieved: 2009.08.10 – 2010.08.09

W5: This works out to an average of 2.6 videos being shot per day. During that same year I also took 2,459 photos.

Index Number: PR-1009

Record Name: **Most Photos Taken in 1 year**

Personal Record: **4,355 photos**

Date Achieved: 2016.05.28 to 2017.05.27

W5: This works out to an average of 11.9 photos per day.

Index Number: PR-1010

Record Name: **Most Photos Taken in 1 week**

Personal Record: **639 photos**

Date Achieved: 2016.11.24 to 2016.11.30

W5: This works out to an average of 91.28 photos per day.

Index Number: PR-1011

Record Name: **Most Photos Taken in 24 Hours**

Personal Record: **323 photos**

Date Achieved: 2016.11.24

W5: ***This is also the most 360 photos I had taken in 24 hours for Google Maps via the Google Street View app.

Index Number: PR-1012

Record Name: **Largest Personal Data-Base**

Personal Record: **Project Revelations – 32,873 items**

Date Achieved: 1993.09.10 – 2021.12.11

W5: 32,873 items (non-duplicates) made up of 23,818 pictures – jpeg (74,675,582,662 bytes), 6,292 home videos - wmv (2,529,559,213,505 bytes) , 51 audio recordings – mp3 (2,282,189,458 bytes), 2,478 scans & screen shots - jpeg (2,417,935,757 bytes), and 234 word, excel, and power point documents (588,642,233 bytes).

32,873 items all in chronological order by year, month, day, and index number and same format total (2,609,523,563,615 bytes).

The entire Project Revelations Data-Base with organized duplicated consist of (3,049,451,801,159 bytes) 108,815 Files, 1,969 Folders.

Index Number: PR-1013

Record Name: **Largest Collection of Home Videos**

Personal Record: **6,381 Home Videos**

Date Achieved: 2023.05.10

W5: From 1938 10 23 to 2023 05 10, I have 6,381 home videos with a total of 2,321,410,400,256 bytes, and if all videos were played, it would take over 827 hours (34 days, 11 hours) to play them all.

The average video length is 7 minutes, 53 seconds (402,027,847 bytes).

Index Name: PR-1014

Record Name: **Largest Picture Collection - Largest Family Photo Album**

Personal Record: **24,233 Pictures**

Date Achieved: 2023.05.10

W5: I have 24,233 pictures all in jpeg format, from 1885 02 11 to 2023 05 10. They total 76,543,016,960 bytes in memory. The average for any given picture is 3,158,627 bytes.

*** The largest picture is 80,392,723 bytes with a resolution of 19,065 x 9,533.

*** The smallest picture is just 1,557 bytes with a resolution of 96 x 96.

Ancestry

Index Number: PR-1015

Record Name: **Most Relatives (23andme – DNA profile)**

Personal Record: **1,442 Relatives**

Date Achieved: 2020.02.18

W5: 517 on my Mother's side, and 673 on my Father's side.

100% European, Finnish – 50.8%, British & Irish – 31.9%, French & German – 6.1%, Scandinavian 1.3%, Broadly Northwestern European – 9.8%, Broadly European 0.1%.

I have 297 relatives in the United States, 294 relatives in Finland, 196 relatives in Canada, and 60 relatives in the United Kingdom.

Index Number: PR-1016

Record Name: **Oldest Documented Family Tree**

Personal Record: **1777 07 22 – Kaapo Vastamaa**

Date Achieved:

W5: On my mother's father's side. He would be my great great great great grandfather. Below is a picture of my great grandmother (on my mother's mother's mother), 1926 - Helmi Matilda Yliniemi (Koivisto by marriage) – left, and my great grandfather (on my mother's father's father), 1953 - Immaanuel Vastamaa – right.



Theme 2 – Emotional

Category 1 – Circumstantial

Subcategory 11 – Reaching for The Sky

Index Number: PR-1017

Record Name: **Top Achievements**

Personal Record: **Recognized by "Guinness World Records" & "Ripley's Believe It or Not." Published in 4 books & acknowledged in a 5th book. Stop ADAP Save AISH Petition Tabled in Alberta Legislature.**

Date Achieved: 2026.03.30

W5:

2026 07 01 - CBC Edmonton publishes an interview they had with me about ADAP officially beginning, and quoted me as saying, When you have university-educated professionals that specialize in medicine and they're telling you this is a bad idea, the refusal to listen to that is arrogant. They also mentioned the paper petition I organized opposing ADAP with a photo of me.

(<https://www.cbc.ca/news/canada/edmonton/alberta-adap-aish-transition-9.7255041>)

2026 06 14 - Edmonton Sun reporter, Cam Tait interviews me about Bruce A Johnson's suicide as a result of the AISH to ADAP Transition.

(<https://edmontonsun.com/opinion/columnists/tait-death-highlights-fear-uncertainty-in-disability-community-over-move-to-adap>)

2026 06 01 - I spoke at my first NDP press release held by MLA, Marie Renaud alongside Zachary Weeks asking the UCP government to stop ADAP. I was also interviewed by CTV News Edmonton with my wife about how couples are affected by AISH/ADAP changes.

(<https://www.youtube.com/live/lsZofhxfOEA?si=LAORunwjuCN5c32o>)

(<https://youtu.be/0K5mxSXAZFI>)

(<https://edmonton.citynews.ca/2026/06/01/alberta-ndp-planned-changes-disability-income-support/>)

(<https://youtu.be/mVXB9vaYP7Y>)

(<https://www.ctvnews.ca/edmonton/article/albertans-transitioning-to-adap-say-cut-to-benefits-will-be-life-altering/>)

2026 05 24 - Edmonton Sun Newspaper columnist, Cam Tait did a column about my wife and I about the AISH cuts that couples are facing, "Couple faces significant cut to income in transition to ADAP."

(<https://edmontonsun.com/opinion/columnists/tait-couple-faces-significant-cut-to-income-in-transition-to-adap>)

2026 05 12 - My essay, Why ADAP would be detrimental to my mental health is read (parts quoted) and tabled in the Alberta Legislature. (<https://youtu.be/BbjQaiOvyr0>)

2026 04 16 – CBC Edmonton includes my short interview about my Stop ADAP paper petition (5,674 signatures) with a photo of me in their online article titled, Municipalities call on Alberta government to pause changes to disability benefits. They quote me saying, “Programs like AISH are designed to remove the pressure of working so that people can focus on managing serious mental health conditions,” Learie told news media at the legislature. When too much pressure is being put on me, I tend to destabilize and fall apart. “ Link to CBC Edmonton online article

(<https://www.cbc.ca/news/canada/edmonton/aish-adap-alberta-disability-income-9.7165516>)

2026 04 14 – My Stop ADAP Save AISH paper petition with its 5,674 signatures is tabled in the Alberta Legislature by my MLA, Sharif Haji (Edmonton-Decore) while I am introduced as a guest sitting in the Speakers gallery. The event is broadcasted on Alberta Assembly TV. My name, “Darryl Learie” along with the paper petition “over 5,600 signatures” and mention of online petition “over 7,000 Albertans” and my quote, “I am fighting for a more compassionate society” becomes part of the official Hansard transcript. MLA, Sharif Haji presents me with an official Alberta Legislature scroll recognizing my petition efforts. MLA, Marie Renaud shares a video of her and I speaking at a press conference on her social media. During the press conference I made the comment, “The tabling of this petition of 5,674 signatures means that 5,000 voices that oppose ADAP have officially become part of the Legislative record meaning that they are that much harder to ignore.” YouTube Video of MLA, Marie Renaud’s video

(<https://youtube.com/shorts/jjulEO0gBMQ?si=XZ8xjuFY3EcHYA-I>)

2026 04 03 – Global News Edmonton at 6:00pm broadcast my TV interview of my Stop ADAP Save AISH paper petition with its 5,674 signatures being delivered to the Alberta Legislature. YouTube Video of broadcast

(https://youtu.be/uq1pU9z_f2Y)

2026 03 30 – The Stop ADAP Save AISH paper petition with its 5,674 signatures is delivered to the Alberta Legislature and enters the Legislative process. MLA, Marie Renaud shares my personal Facebook post of me holding the 5,674 signatures on her Facebook page. Popular political social media influencer, Lisab0923 (105,100 followers on TikTok, 10,200 subscribers on YouTube) advocates for my petition on 2025 10 31 and features my petition website in her video on 2026 03 10. On 2026 03 11, MLA, Marie Renaud (Shadow Critic of Community Social Services) shares Lisab0923’s video featuring my petition website on her Facebook Story. And my online petition opposing ADAP receives \$5,817 in donations from 346 supporters to help advertise it further with 7,377 signatures. YouTube Video of Lisab0923 featuring my petition website (https://youtu.be/CnOuvfsR9o?si=mH3n3mbIO_zmgwtY)

2025 10 30 - I deliver Stop ADAP Save AISH Speech at the Alberta Legislature. YouTube Video of the speech (<https://youtu.be/K9wN5CoP5w0?si=IOyBO7yQ3oY65Ny6>)

2025 09 25 - CTV News Edmonton interviewed me on TV about my paper petition to stop ADAP and save AISH. YouTube video of TV Interview (https://youtu.be/6Gt1Hu_oNG0?si=tcGP8gND4EsGY0N5) and CTV News Edmonton article (<https://www.ctvnews.ca/edmonton/article/the-disabled-community-does-not-approve-edmonton-man-starts-petition-against-adap/>)

2024 07 15 - CTV News Edmonton interviewed me on TV for my volunteer work for Google Maps and Google Street View (Contributing to Google Street View dressed up as an alien). YouTube Video of TV interview (https://youtu.be/rsCeHXXPp_4?si=uu6zgpDuqRMoj-GK) and CTV News article (<https://www.ctvnews.ca/edmonton/article/edmonton-man-contributes-thousands-of-photos-to-google-while-dressed-as-an-alien/>)

2022 09 06 - 2024 08 06 - 11 blood donations

2019 07 06 – Acknowledged in a 5th Book, “Balancing the World on One Finger.” Under ‘Acknowledgements’ “A big thank you to my many friends...Darryl Learie” (page 294).

2015 07 07 - Published in 4th Book, "The Mammoth Book of Weird Records" (page 367). "16 push-ups, one-armed, with hand on a raw egg."

2013 09 12 - Published in 3rd Book, "Horrid Henry's World Records" (page 103). "446 balloons blown up in 1 hour - 2011 02 09."

2012 09 01 - Published in 2nd Book, "Ripley's Believe It or Not" (page 160) 9th Annual Hard Cover. "11 push-ups, one-armed, with hand on a raw egg"

2012 01 05 - 3rd World Record listed with RecordHolders.org (<http://www.recordholders.org/en/list/pushups.html>) : Push-Ups, one-armed, with hand on a raw egg (8) at City TV, Breakfast Television. (Ripley's (11), and RecordSetter (16)).

2011 12 15 - Honorable Mention Top 15 RecordSetter World Records of 2011 (<http://recordsetter.com/bestof2011>).

2011 11 01 - Published in 1st Book, The RecordSetter Book of World Records (page 86). "16 push-ups, one-armed, with hand on a raw egg."

2011 08 06 - 2nd World Record listed with RecordHolders.org: Most Balloons Blown-Up in 24 Hours (2,501) at Fusion Hope Festival.

2011 02 09 - 1st World Record listed with RecordHolders.org Most Balloons Blown Up in 1 Hour (446) at City TV, Breakfast Television. First Guinness World Record.



2026 06 01 – I speak at my first NDP Press Release alongside MLA, Marie Renaud, and Zachary Weeks.



2026 04 14 – I am introduced at the Alberta Legislature during the tabling of my paper petition



CERTIFICATE

**The most balloons blown up in an hour
by an individual is 446,
and was achieved by
Darryl Learie (Canada)
in Edmonton, Alberta, Canada,
on 9 February 2011**

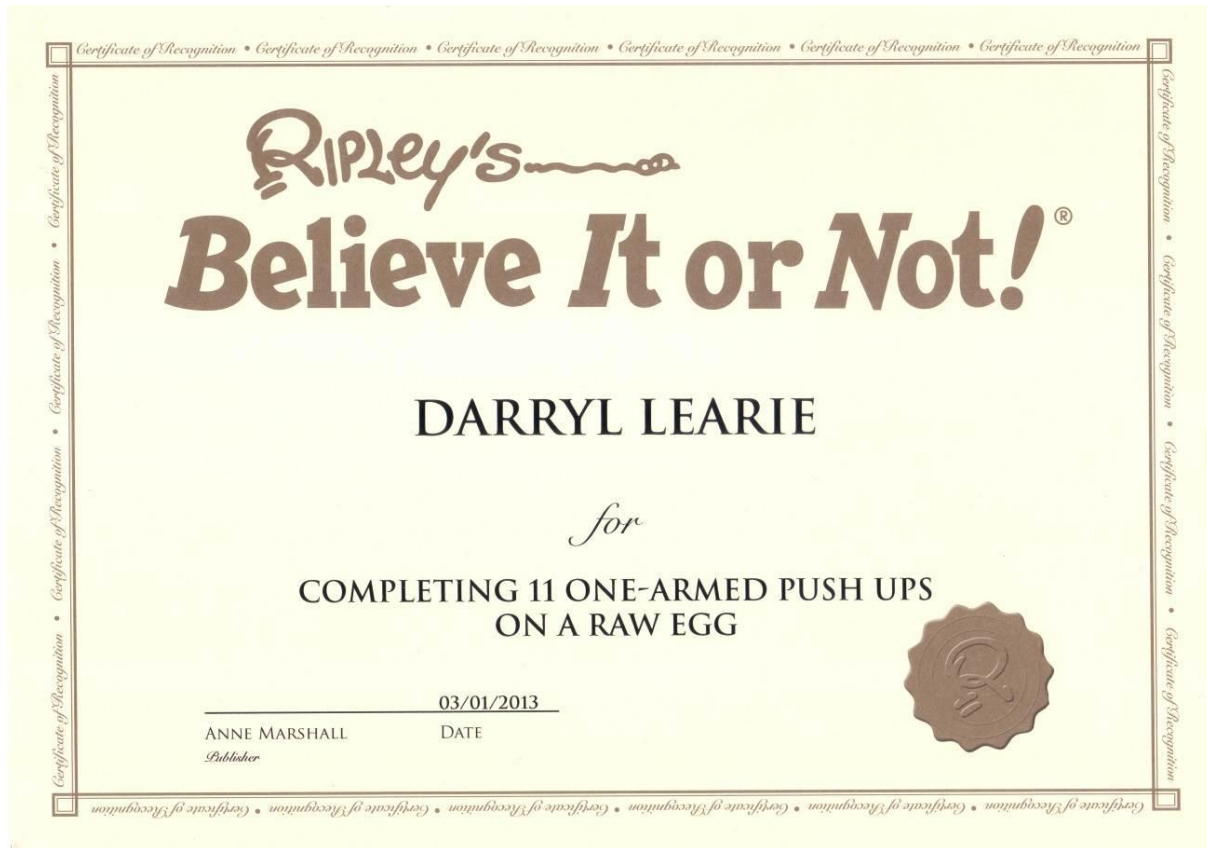
GUINNESS WORLD RECORDS



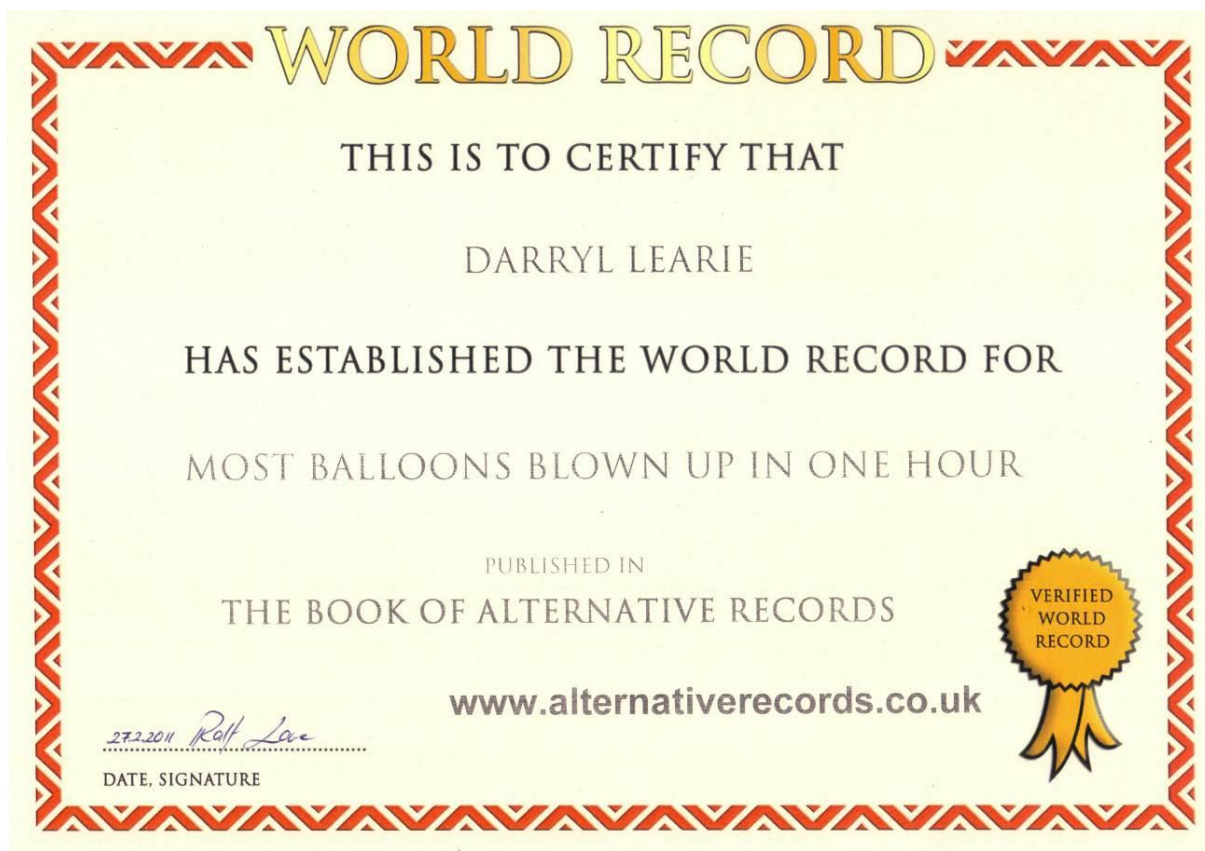
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www.guinnessworldrecords.com

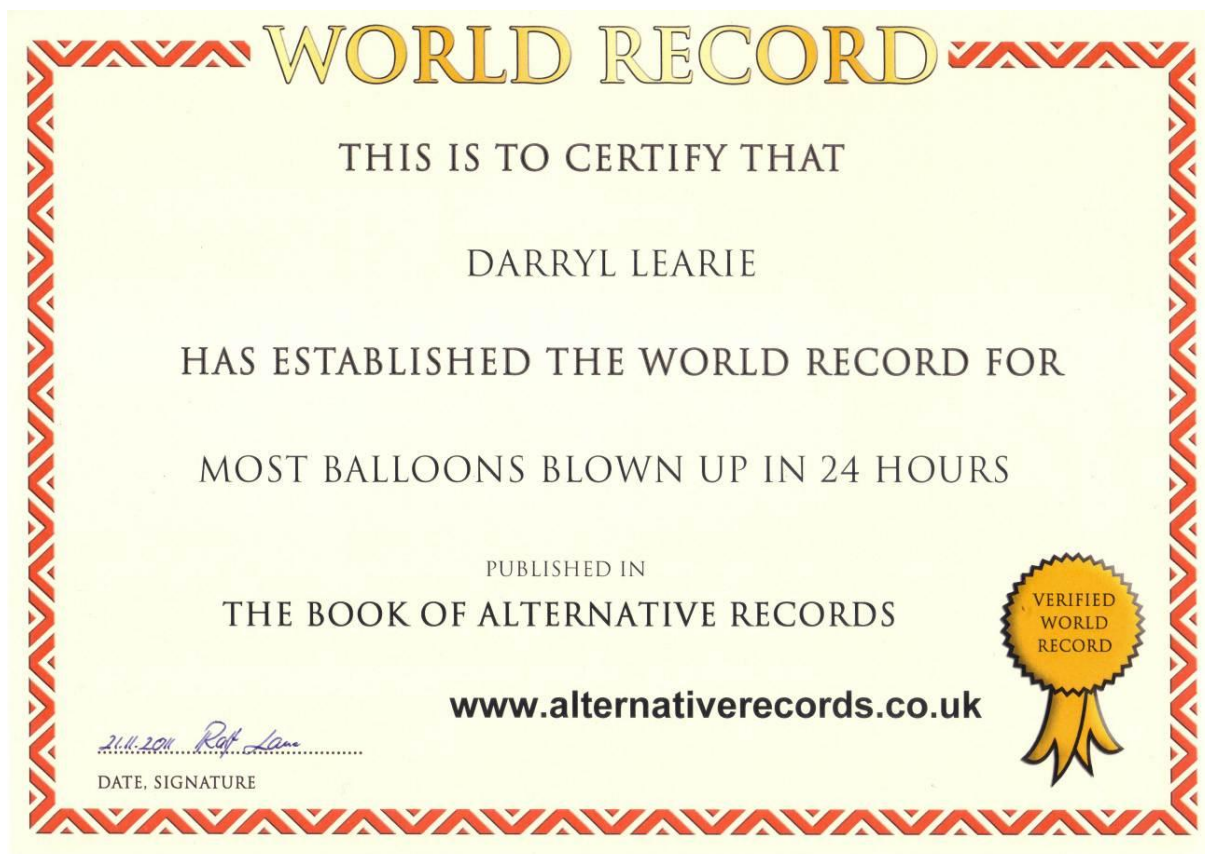
2011 02 09 – 1st Guinness World Record (Most balloons blown up in 1 hour – 446)
*** Guinness did not recognize my record until 2013 11 13.



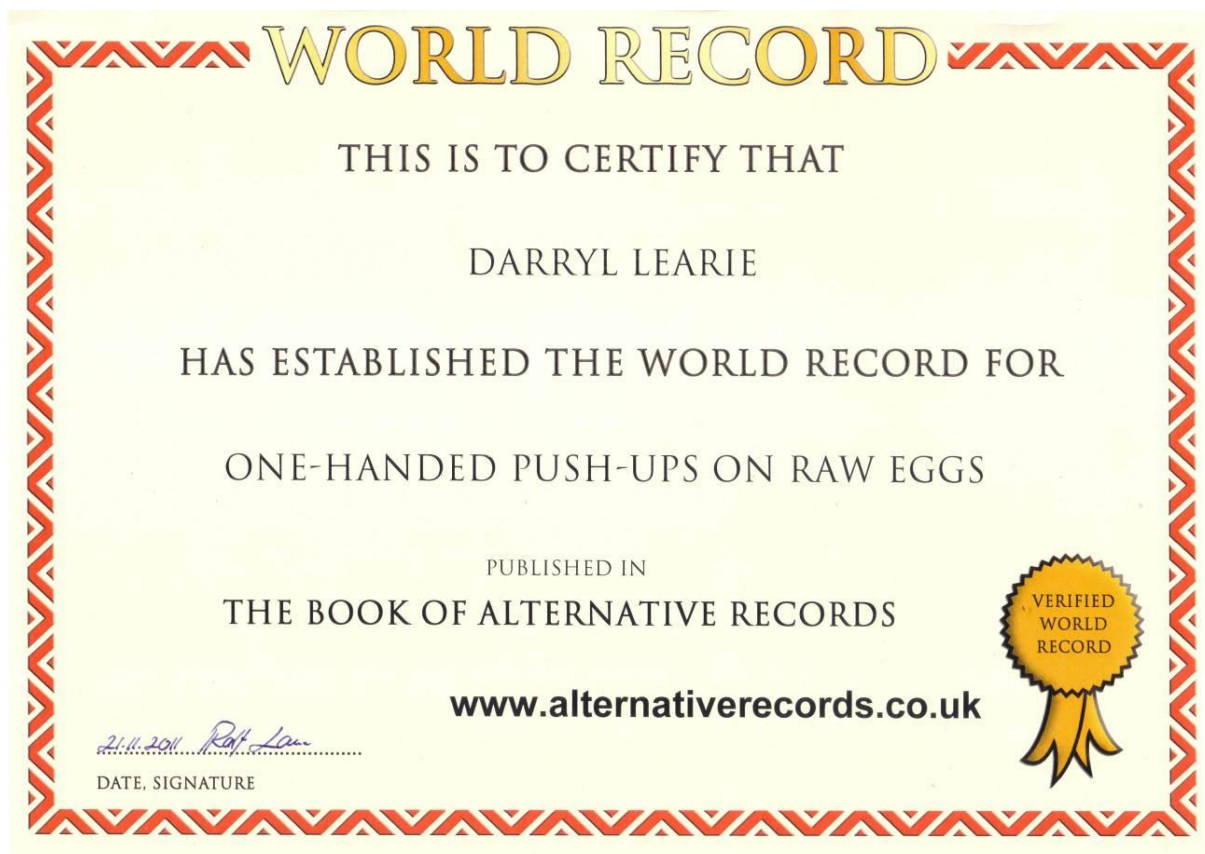
2013 01 03 – 1st Certificate recognizing my accomplishment by Ripley's Believe It or Not (Most one-armed push-ups on a raw egg – 11)
*** Personal record is actually 16.



2011 02 09 – Recognized by RecordHolders.org - The Book of Alternative Records (Most balloons blown up in 1 hour – 446).

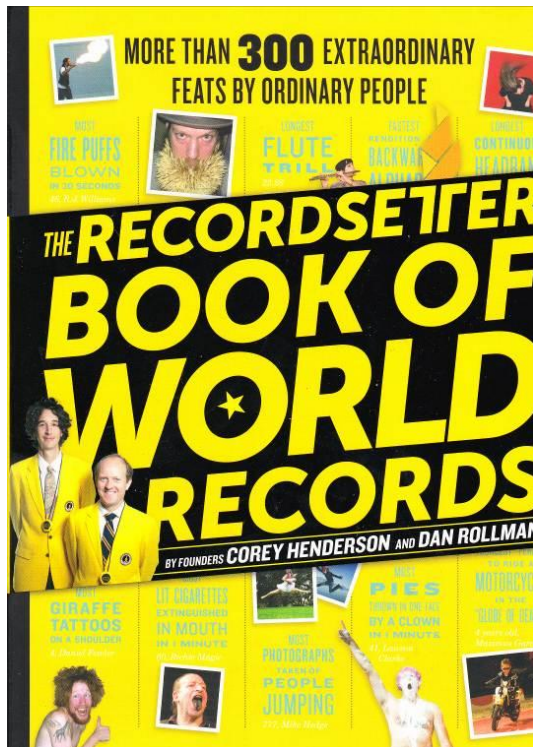


2011 08 06 – Recognized by RecordHolders.org – The Book of Alternative Records (Most balloons blown up in 24 hours – 2,501



2012 01 05 - Recognized by RecordHolders.org – The Book of Alternative Records (Most one-armed push-ups on a raw egg – 8.

*** Personal record is actually 16.



THE RECORDSETTER BOOK OF WORLD RECORDS

Tallest Marshmallow Tower

RECORD: 5 marshmallows
NAME: Amber Franklin
LOCATION: Citrus Heights, California
DATE: September 16, 2009
TOOLS: Marshmallows, flat surface, restraint from eating marshmallows

CRITERIA

- ☐ No adhesives or external support permitted.
- ☐ Mini marshmallows not permitted.

RELATED RECORDS

- Most Times Setting a Marshmallow on Fire in 30 Seconds: 13
- Fastest Time to Eat Eight Tablespoons of Marshmallow Fluff While Standing on One Foot Dressed Like a Flamingo: 3 minutes, 25.07 seconds

RECORDS BEGGING TO BE SET

- ☐ Farthest Distance to Slingshot a Marshmallow
- ☐ Most Consecutive Nights Using Bag of Marshmallows as a Pillow

The third most rewarding marshmallow-related activity—after campfire toasting and playing Chubby Bunny—is stacking the gelatinous globs to form a squishy, pastel tower. Amber Franklin's five-story confectionery creation may look soft and nonthreatening, but attempts to beat her record have felled the mightiest of men. RecordSetter veteran Darryl Learie, who has logged eighty-one world records including Most One-Armed Push-Ups on a Raw Egg, expressed his frustration over a failed attempt: "What makes it hard is that the bottom marshmallows actually change shape under the weight, and thus the column becomes unstable." Stale marshmallows may be the key to success here—if you can avoid eating them for long enough.

ALTERNATING THE MARSHMALLOW COLORS ISN'T A REQUIREMENT, BUT IT DOES MAKE A PRETTIER TOWER.

THE RECORDSETTER BOOK OF WORLD RECORDS

Most People Wearing Fake Mustaches in a Book

RECORD: 142
TOOLS: Naked upper lip, false mustache, camera to capture the magic

When compiling the book you are now holding, RecordSetter wanted to give as many people as possible the chance to be featured in its pages. But how best to include record setters with wildly varied skills, talents, locations, and ages? The answer: mandatory fake facial hair. We put out the request for people to don their best fake mustaches for a chance to be part of a brand new record: Most People Wearing Fake Mustaches in a Book. Achievers around the globe responded with creativity and verve. Congratulations, champions: Your mustachioed faces are now in print.

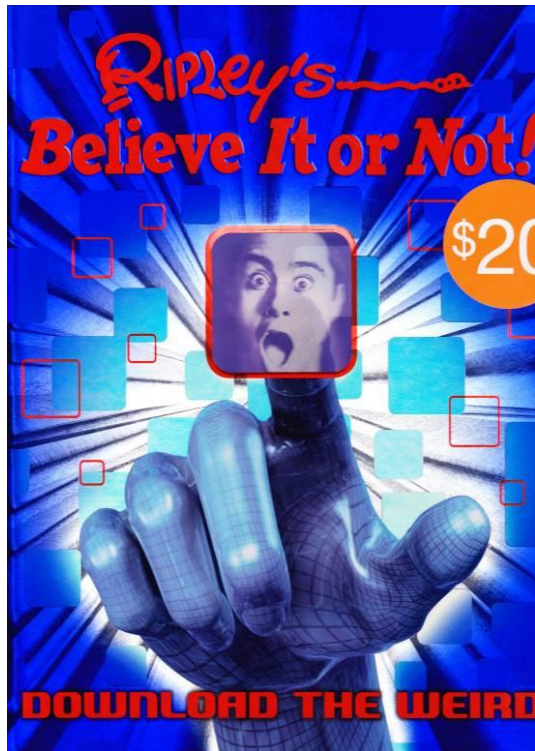
CRITERIA

- ☐ Mustache may be created by any means as long as it is fake.

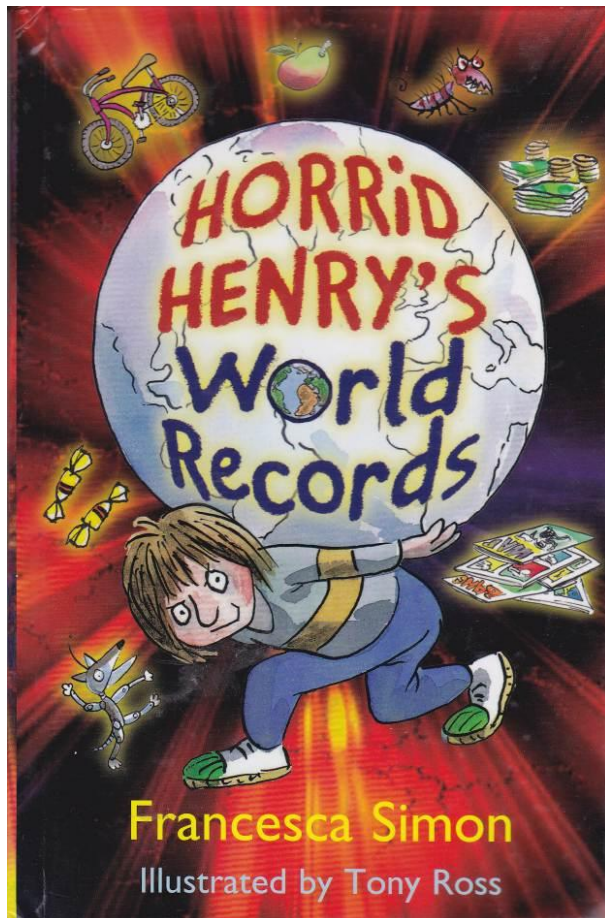
RELATED RECORD

- Fastest Time to Take a Photo of One's Son with an iPhone and Digitally Apply a Mustache to It: 31.05 seconds

2011 11 01 - Published in 1st Book, The RecordSetter Book of World Records (page 86). "16 push-ups, one-armed, with hand on a raw egg."



2012 09 01 - Published in 2nd Book, "Ripley's Believe It or Not" (page 160) 9th Annual Hard Cover. "11 push-ups, one-armed, with hand on a raw egg"



MOST BALLOONS BLOWN UP

In 2011, Darryl Learie from Canada blew up 446 balloons in one hour on live television

MOST UNDERPANTS

The world record for wearing the most underpants at the same time is 231, by Taro Yabe in Japan in 2010.

NASTIEST KNICKERS

I was sent the worst pair of knickers ever by Great-Aunt Greta for my birthday. They were frilly pink and lacy, and decorated with glittery hearts and bows.





MOST ONE-ARM PUSH-UPS ON A RAW EGG

On 21 September 2011, Darryl Learie, from Edmonton, Alberta, Canada, performed sixteen one-arm push-ups on a single raw egg without cracking or breaking the aforementioned egg.

HEAVIEST WEIGHT LIFTED WITH A PIERCED SEPTUM

By attaching a hook to the piercing in his nasal septum (the bit of skin between his nostrils), Canadian professional entertainer Ryan Stock was able to lift a 20-pound rubber-band ball on 3 April 2012. His signature routine is the "Human Meathead", where he forces a large meat hook into his nasal cavity and out of his mouth and then hangs a 15-pound ham from the hook. Not content with that, on 21 March 2012 he used a hook inserted through his nose and out of his mouth to pull a car . . . weighing 1,598 pounds. If only he'd joined the AA.

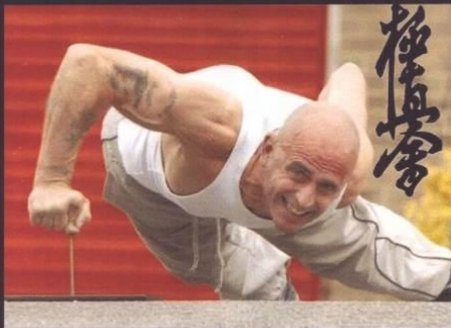
LONGEST DRILL BIT DRILLED INTO THE NOSE

Ryan Stock's nasal passages took another battering on 16 May 2012 when he drilled a 4.5-inch drill bit into his nose. He drilled to the very edge of safety as another three-sixteenths of an inch would have hit his brain stem. On stage Stock is usually partnered by AmberLynn Walker, who first won his heart by demonstrating her ability to wriggle her body through the head of a tennis racket. She is always on hand in case the emergency services have to be called when Stock is practising a new trick, such as the time he decided to juggle knives with his feet in their back garden and a knife handle caught in the turf, driving the blade deep into his foot. "That wasn't a good scene," he admits. When he is not abusing his nose, he can often be found extinguishing blowtorch flames with his tongue. "I used to do the same thing with cigarettes," he explains, "but they're bad for you."

2015 07 07 - Published in 4th Book, "The Mammoth Book of Weird Records" (page 367). "16 push-ups, one-armed, with hand on a raw egg."

BALANCING THE WORLD ON ONE FINGER

Micky Gooch & Dave Major



P.S. I've just heard, as we go to print, that Gary Wasniewsky has nominated me for a London International Martial Arts Hall of Fame Masters Award in June 2019.

Acknowledgements

Heartfelt thanks to my parents Velma and Arthur (RIP) for always believing in me and being unstinting in their support for my dream. Without you none of this would have been possible.

My brother-in-law, Tony Biggs, who has done so much for me.

My lifetime friend and karate instructor, Norman King, who's support has never wavered.

Dave Major and Moon whose enthusiasm in taking on the writing project has turned my dream into reality.

Shaun Boland for the inspirational title and the encouragement to write.

John Urquhart whose editorial skills have been invaluable.

I am indebted to the following:-

Jonathan Buffong – Warriors of the Cage. Dr Mir (my GP) AJ (the pharmacist at Wayfield chemists).

The friends who visited me while I was recovering from the stroke:- Billy & Sally Bogle, Michelle Jones, Terry Jones, Dale Reynolds, Ron Wood, Roy Fraser, Nrinder, Rob Griffin, Joe Borg, Bal Singh, George Elmer, Naeem & Zara Lone, Gary Middleton and Rich Davy.

A big thank you to my many friends - John White, Mark Freeman, Dean Passan, Mick Hatton, Lewis Spragg, Micky Gooch (Hull Hidden Fist), John Bird, Raza Khan, Doug Stowell, Dave Berry, Adam Puttock, Tom Griffin, Chris Perfect, Pete Jefford, Steve Mac, Steve Upton, Mick & John Jones, Jordan 'Da Menace' Dennis, Roger Wilkes, John Felton, Malcolm Whybrow, Ian Wheatley, John McGregor, Ray Askew Invicta, John Corcoran, Sean Blythe WGA, Ian Nicholas, Richard & Lillian (RIP) Crust, Rebecca (pictures), Chris Butcher, Darryl Learie.

2019 07 06 – Acknowledged in a 5th Book, “Balancing the World on One Finger.” Under ‘Acknowledgements’ “A big thank you to my many friends...Darryl Learie” (page 294).

Iron Man - The Autobiography by Paddy Doyle who has broken the most records for push-ups in our list (for example 1,500,230 in one year)



World Records for Push-Ups (Press-Ups)

WORLD RECORD LIST

New record claims for this list are welcome! If possible, please [contact us](#) BEFORE your record attempt. Your documentation will be submitted to the ["Book of Alternative Records"](#) by us.
To submit a record claim to Guinness World Records as well, please contact [Guinness World Records](#) using their web site.

[ORDER NOW from amazon.com](#)
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Paddy Doyle's new Book "Record Breaker":
[ORDER NOW from amazon.com](#)
from the UK:
[ORDER from amazon.co.uk](#)

THE RULES



What counts as a pushup? The palms must be at shoulder-width. The body must remain straight throughout, i.e., no bending at knees or waist. The body must be lowered until at least 90 degree-angle is attained at the elbow and the body is parallel to the ground. The body must then be raised until the arms are straight. This equals one push-up. All pushups should be made on a hard surface. This basic principle applies to all our push-up entries with minor modifications.

To document a record, two videos must be provided: one from the front view, a second one from the side view.

Finger tip: instead of the palm of both hands touching the floor, only the finger tips (including the tip of the thumb) may touch.

One arm: Only one arm may be used and the same arm must be used throughout the attempt. In this attempt the hand is placed flat on the floor.

One finger: Only one finger of one hand may be used. The thumb may not be used. The record is for the number of repetitions; no rest breaks are permitted. The one-finger position must be maintained throughout. The side of the index finger must not be used as this means other parts of the hand will come in contact with the ground and therefore invalidate the attempt.

correct position for fingertip push-ups:



 7 Weeks to 100 Push-Ups Steve Speis Best Price \$7.17 or Buy New \$10.17 Buy amazon.com Privacy Information	 TKO Extreme Training Push-up Book TKO Best Price \$12.99 or Buy New \$13.67 Buy amazon.com Privacy Information	 The Little Book of Push-Ups Guy Windsor Best Price \$12.00 or Buy New \$12.00 Buy amazon.com Privacy Information	 The Power of Pushups Rodney C. Womack Best Price \$11.60 or Buy New \$15.97 Buy amazon.com Privacy Information	 You Are Your Own Gym Mark Lauren, Joshua... Best Price \$18.63 or Buy New Buy amazon.com Privacy Information	 Men's Health Best Weight-Free Workout Men's Health Magaz... Best Price \$3.63 or Buy New \$6.79 Buy amazon.com Privacy Information
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WORLD RECORDS

- **non-stop:** 10,507; Minoru Yoshida (JAP), Oct 1980 [DETAILS](#)
- **one year:** 1,500,230; [Paddy Doyle](#) (GBR), Oct 1988 - Oct 1989
- **24 hours:** 46,001; [Charles Servino](#) (USA), 24/25 April 1993 at Hesperia [VIDEO](#)
- **1 hour:** 3,877; Bijender Singh (IND), 20 Sept 1988 [DETAILS AND NATIONAL RECORDS](#)
- **1 hour (women):** 1020; [Alicia Weber](#) (USA), 1020, 13 August 2011 in Clermont, Florida, USA (in this hour, she did also 826 mountain climber exercises!)
- **30 minutes:** 2,354; Rolf Heck (GER), 13 Nov 2000
- **30 minutes (women):** 829; [Alicia Weber](#) (USA), 8 February 2011 in Clermont, Florida, USA
- **10 minutes (women):** 450; [Alicia Weber](#) (USA), 24 May 2009 in Clermont, Florida, USA
- **5 minutes:** 441; Giuseppe Cusano (GBR), Loftus Road Soccer Stadium at the Fulham v. Portsmouth game on 24 Nov 2003
- **3 minutes (women):** 190; Renata Hamplová (TCH), Record Festival Pelhrimov 1995
- **one minute:** Record claims up to 199 in one minute have been made. We do, however, not continue to publish these record claims, because it became impossible to judge about the correctness of the exercises at this speed. The last record that was accepted by the Guinness Book of Records were 138, achieved by [Roy Berger](#) (Canada) in on 28 February 2004 in Ottawa. Before, we have also verified 138 pushups in one minute, achieved by William T. Mello (USA) on 30 May 2002. The same statement applies for the category **"100 push ups with legs on a 80 cm high table"** where the last verified record was 45.7 seconds by [Roy Berger](#) (Canada), achieved on 24 February 2001 in Ottawa, Ontario, Canada
- **one-armed, one week (168 hours):** 16,723; [Paddy Doyle](#) (GBR), Feb 1996 in Birmingham
- **one-armed, 5 hours:** 8,794; [Paddy Doyle](#) (GBR), 12 Feb 1996 in Birmingham
- **one-armed, 1 hour:** 2521; [Paddy Doyle](#) (GBR), 12 Feb 1990 in Birmingham
- **one-armed, 30 minutes:** 1382; Doug Pruden (CAN), 30 July 2003 at the Body Quest Health Club Edmonton
- **one-armed, 10 minutes:** 546; Doug Pruden (CAN), 30 July 2003 at the Body Quest Health Club Edmonton
- **one-armed, 10 minutes (women):** 131; [Alicia Weber](#) (USA) on 17 September 2010 Clermont, Florida
- **one-armed, on back of hands, one hour:** 677; Doug Pruden (CAN) at the Body Quest Health Club Edmonton, 9 Nov 2005
- **one-handed handstand pushups:** [Yury Tikhonovich](#) (Russia) did twelve pushups while standing on one hand in June 2006 at the Starclub variete in Kassel (Germany). He repeats this feat almost every day in the rehearsal for his show [VIDEO \(AVI 1.3 MB\)](#)
- **on fists:** 5557 (in 3:02:30 hours), Doug Pruden (CAN), 9 July 2004, Body Quest Health Club Edmonton
- **1000 pushups on fists:** 18:13 minutes, Doug Pruden (CAN), 9 July 2003 at the Body Quest Health Club Edmonton
- **on back of hands, 15 minutes:** 627; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTORY](#)
- **on back of hands, 30 minutes:** 1386; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTORY](#)
- **on back of hands, 1 hour:** 1940; [Paddy Doyle](#) (GBR), 8 November 2007, Stamina's Boxing Self Defence Gym, Erdington, Birmingham [RECORD HISTORY](#)
- **finger-tips, 5 hours:** 8,200; Terry Cole (GBR), 11 May 1996 in Walthamstow
- **one finger:** 124 Paul Lynch (GBR), 21 April 1992 in London
- **with a 50 lb (22.68 kg) plate weight on his back:** 4,100; [Paddy Doyle](#) (GBR), 28 May 1987 in Birmingham
- **with hands on raw eggs:** 112; Johann Schneider (AUT) / a video can be downloaded here as [Quicktime video](#) (1.2 MB) or [AVI video](#) (1.4 MB)
- **one-armed, with hand on a raw egg:** 8; [Darryl Leane](#) (Canada), 5 January 2012 in the city TV studio at Breakfast Television Edmonton, Alberta, Canada. [VIDEO, THE STORY BEHIND THE RECORD](#)
- **while balancing on three medicine balls (diameter: 24 cm), 1 minute:** 61; Stephan Kristian (GER) on 13 July 2008 at the Fitness First Health Club in Telford
record tied: 61; Bob O'Brien (USA) on 19 December 2011 at Owensboro Middle School (Kentucky, USA)
- **while balancing on three medicine balls (diameter: 22 cm), 1 minute (women):** 47; April Calderon (USA), 7 October 2011 at Anytime Fitness Gyms in Dunedin, Florida
- **4 hr relay (team of 10):** 14907; Gatwick Airport Fire Service (Andrew Horstead, Clwyd Jones, Stuart Coshill, Steven Bartlett, Jerramy Davison, Darryl Graham, Albert Lawson, Luke Philpott, Darren Hollman, Ian Mclean, Great Britain) at 18 November 2005 at Gatwick Airport

[Back to the World Record Homepage](#)

2012 01 05 – One-Armed, with hand on raw egg: 8 Darryl Learie (Canada)
<https://www.recordholders.org/en/list/pushups.html>



Darryl Learie

*This scroll is presented in recognition of
your dedicated hard work on ADAP
petition. Your advocacy has left a
meaningful impact.*

April 14th, 2026



A blue ink signature of MLA Sharif Haji.

MLA Sharif Haji
Edmonton-Decore

2026 04 14 – MLA, Sharif Haji presents me an official Alberta Legislature scroll recognizing my Stop ADAP Save AISH petition effort. The same day my petition is tabled in the Alberta Legislature and entered into the official Hansard transcript along with my full name.

Index Number: PR-1018

Record Name: **Registered Organ Donor**

Personal Record: **I became an Organ Donor**

Date Achieved: 2022.07.20

W5: I registered to become an organ donor when I die. My organs will be used for transplantation for those who need them. And if my organs cannot be transplanted, they will be used for medical science research.

Index Number: PR-1019

Record Name: **Blood Donations**

Personal Record: **11 Blood donations**

Date Achieved: 2022.09.06 – 2024 08 06

W5: On 2022 09 06 at 12:05pm I donated blood (488ml) for the 1st time at Canadian Blood Services (St. Albert Inn, 156 St. Albert Trail, St. Albert). My Hemoglobin was 163. Over 1 year, 11 months (700 days) I donated a total 5.349 liters of blood averaging 486 ml per blood donation.

This Book is dedicated to the memory of the following people (Friends and Family lost) :



Donald George Cory Hoof/Crow Shoe 1972.11.22 – 1996.10.09
“Remember the dream.”



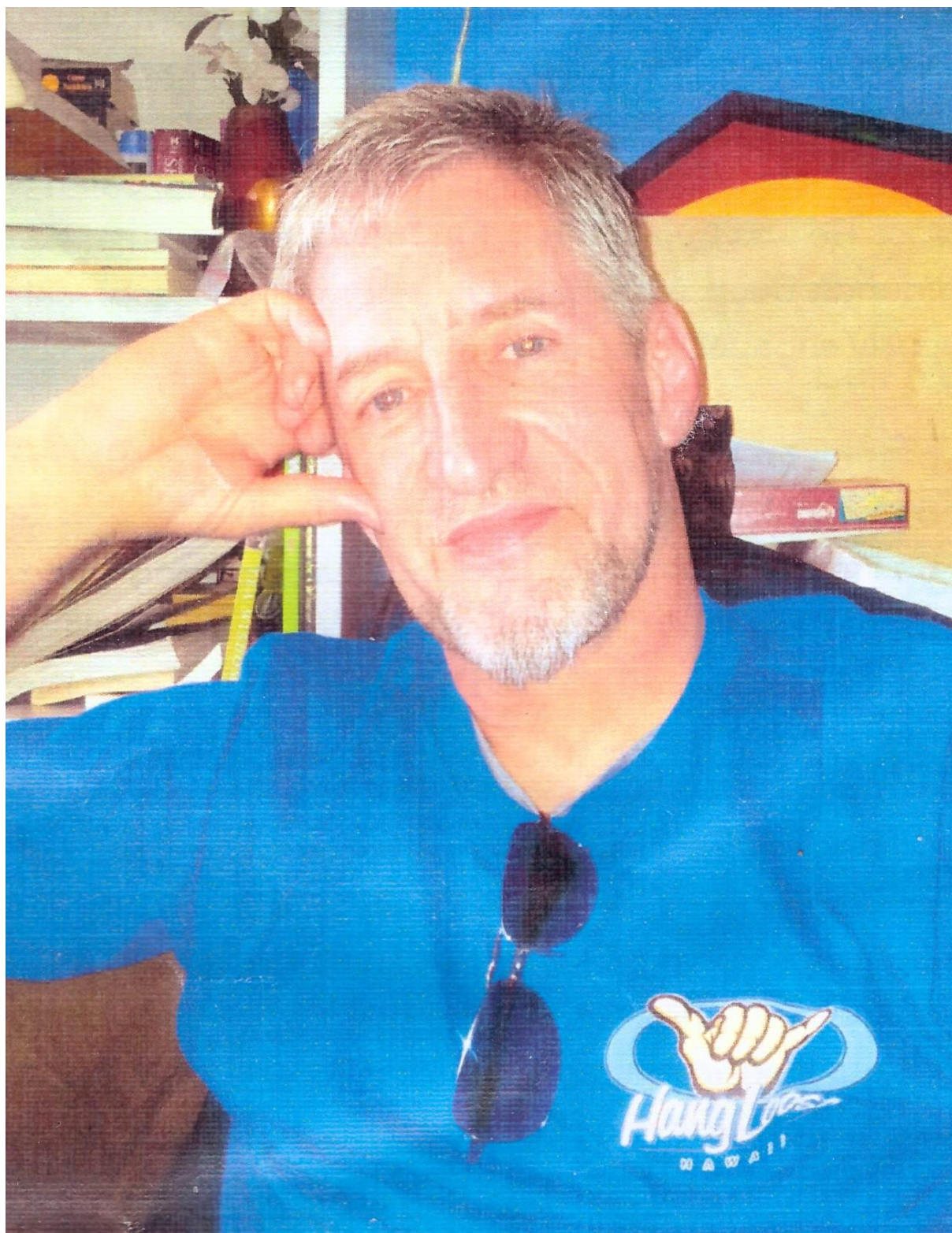
Tuovi Elisa Koivisto (Vastamaa) 1925.12.25 – 2011.08.05



Jalmari Vastamaa 1922.09.23 – 1997.02.11



Mark (Marten) Dekker 1962.03.12 – 2023.01.12



Doug Dobish (Calen Paine) 1960 03 14 – 2024 10 24